

GOOD *for you*

Health and Wellness
for Magna Employees



Meet Dusan Milacic

Dusan Milacic, a fifteen year Magna veteran, slips into the community centre pool every day at lunchtime to do 100 laps.

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Though he says he does it for personal enjoyment, Dusan has set himself a lofty goal – to swim coast to coast, BC to Newfoundland, a 5020 km trek, in 10 years.

He keeps a daily log to track his distance, and he's already more than ½ way there. If he keeps up doing an average of 2.4 km/day, he'll will be virtually front-crawling around icebergs in St. John's harbour sometime between 2019 and 2020.

“In the last five years, I have not had one day where I did not feel like hitting the pool.”

The Design/Development/CAE Manager for Metal Forming Solutions Group at Magna Powertrain has been swimming since childhood. After graduate school, he let his daily habit slide and noticed a decline in his general well-being. His weight puffed to over 220 pounds, his pants grew tighter, and his doctor was suggesting blood pressure medication.

Determined to make a change, Dusan jumped back into the pool in the summer of 2010 and began to reap the rewards and benefits of his efforts. His cholesterol level is perfect, he no longer suffers from migraines, and he said goodbye to foot pain and nightly heartburn. “I am more positive, have much more energy and that is reflected both at work and home. I think this is a win-win situation for me and as well, the people around me.”

Speaking of those people around him...

A few colleagues noticed that Dusan was never at his desk during lunch time and asked him what he was doing. Once he explained, seven of them decided to join and two others were motivated to learn how to swim.

“I am very happy that some of my colleagues were inspired to join and have maintained swimming for many years. The solid friendship that we developed is tough to find.” Dusan figures that his prior habit of visiting lunch buffets cost him about \$2000/year. “Now we burn some calories and eat homemade healthy food.”

“While I swim, I think a lot about work and things that need to get done. Usually the best ideas come while I swim!”

This husband and father of three eats everything and anything, but he has changed his meal-time habits. “I have a very good breakfast and a late lunch.” He keeps his evening meal light and avoids alcohol and pop.

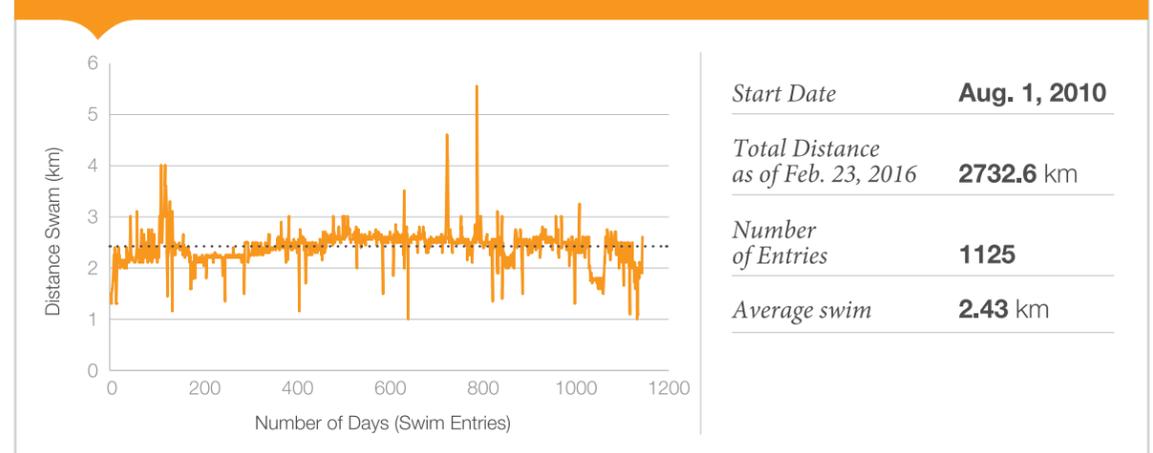
In the spring of 2012, Dusan won the Destination Swim Challenge organized by the city of Vaughan.

The tracking system he devised can be applied to any athletic or goal oriented pursuit and can be used as a motivation tool or record of accomplishment. When picking an activity, Dusan advises that you choose something you love to do. “If one forces himself or herself to do some kind of activity, it might last a few weeks or months but it won't last. I truly enjoy my swim, no matter how long or short it might be.”

“I simply love to swim, and when you love something it is not difficult to do.”

Dusan Milacic,
Magna Powertrain

Dusan's Swim Chart



Did you **KNOW?**

The foundation of all hair, skin and nail growth is the nutrients we eat.

If you eat a healthy diet, you will grow stronger and healthier cells throughout your whole body. Try salmon, dark green vegetables and beans to keep your hair healthy and shiny.

Source: www.webmd.com



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GARDENING... IT'S GOOD *for you*

Spring is a great time to get outdoors and reap the benefits of gardening. You don't need a green thumb or a big backyard to enjoy the interactive, healthful and healing properties of tending a garden. Don't have a big enough space to grow veggies? Try a few pots of herbs in your windowsill, a planter on your balcony, or take part in a community garden initiative.

HERE ARE SOME GREAT REASONS TO GET YOUR HANDS DIRTY:

- 1 **Stress Relief:** Not only do you get a post-gardening mood-boost, studies have shown that individuals who regularly spend time tending their garden have decreased levels of the stress hormone cortisol.
- 2 **Mental Health & Mental Illness:** Gardening can have wonderful, therapeutic effects on those suffering mental illness, particularly depression. Horticulture therapists claim that gardening can also have a positive influence on an individual's overall mental health.
- 3 **Strength & Dexterity:** It's a sad fact that as we age, we begin to lose strength and dexterity. Gardening can help ensure that muscles stay vigorous and agile, and it has shown to be particularly beneficial to those who have suffered from illness or disability that impair fine motor skills.
- 4 **Exercise:** Depending on the size of your garden, digging, planting, and weeding require a variety of low-impact strength and stretching exercises. But know your limits! Prevent injury by avoiding repetitive stress and/or pushing yourself too hard.
- 5 **Nutrition:** Once fruits and vegetables have been harvested, their nutritional value begins to deplete, therefore, foods that are fresh from the garden have a much higher nutritional profile compared to those that have spent weeks travelling from farm to table. Studies also show that those who grow their own foods consume more fruits and vegetable compared to those who don't!

Have you heard about the employee garden at Delta Exterior Systems in Lansing?

Read all about it here: <http://magnawellness.ca/?t=health-articles&id=8702>



EXERCISES *for gardeners*

Gardening is a great way to get your blood moving. Digging, watering, planting, and weeding require strength and stretching tasks. These exercise can be performed all year round. Focus on strength building and maintenance during the off season to avoid any injury when you start gardening when the weather warms up!

— Beginner — Advanced

SQUAT



Tips Stand tall with your feet hip width apart. Push your hips back and bend at the knee, raising your arms straight out in front for balance. Keep your spine neutral, and don't let your knees go over your toes. Pause, rise using a controlled motion and repeat 20 times.

What is it good for?

Squats are an excellent exercise for your lower body and core muscles, useful when it comes to picking up a bags of compost, soil, woodchips, rocks etc.

WALKING LUNGES



Tips Beginning from an upright standing position, take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to a 90 degree angle. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle. Push off with your left foot to bring your left leg forward, stepping into a lunge on the other side. Repeat 20 times.

What is it good for? This move works your glutes, hamstrings and quads, and will make picking weeds and harvesting your vegetables a cinch.

PUSH-UPS



Tips The basic pushup! Remember to keep your body in a straight line from head to toes/knees and avoid letting your back arch or sway.

What is it good for?

Pushups work your chest, shoulders and arms and will help when it's time to push a heavy wheelbarrow or lawn mower.

Feeling HOT HOT HOT

Hot peppers can be beneficial to your health, particularly an ingredient called capsaicin. This natural chemical speeds up the metabolism by increasing the heart rate thereby speeding up circulation and raising the body temperature.

High in both Vitamin A and C, hot peppers have been used to boost the immune system for centuries, and the capsaicin is believed to have anti-inflammatory properties.

Do you know what the hottest pepper in the world is? If you guessed the jalapeno, you're not even close! Check out the Scoville Pepper Scale, a scientific tool used to determine the spiciness and 'heat units' of peppers.

GARDENING TIP:

Peppers can be easy to grow, climate permitting. Check with an expert at your local garden centre for what peppers work best in your environment.

COOKING TIP:

Be extra careful not to touch your eyes if handling anything spicy. Wash your hands thoroughly or wear gloves.

TYPE OF PEPPER

TRINIDAD SCORPION	1,463,700
BHUT JOLOKIA (<i>Ghost Pepper</i>)	1,041,427
HABANERO	150,000–577,000
DEVIL TOUNG	125,000–325,000
KUMATAKA	125,000–150,000
BIRDS EYE	100,000–225,000
JAMAICAN HOT	100,000–200,000
BOHEMIAN	95,000–115,000
TABICHE	85,000–115,000
TEPIN	80,000–240,000
HAIMEN	70,000–80,000
THAI	50,000–100,000
YATSUFUSA	50,000–75,000
PEQUIN	40,000–58,000
SUPER CHILE	40,000–50,000
CAYENNE	30,000–50,000
TOBASCO	30,000–50,000
MANZANO	12,000–30,000
HIDALGO	6,000–10,000
HOT WAX	5,000–10,000
CHIPOTLE	5,000–8,000
JALAPEÑO	2,500–8,000
ANCHO	1,000–2,000
POBLANO	1,000–2,000
CORONADO	700–1,000
NUMEX BIG JIM	500–2,500
SANGRIA	500–2,500
ANAHEIM	500–2,500
SANTE FE GRANDE	500–750
EL-PASO	500–700
PEPPERONICINI	100–500
CHERRY	0–500
PIMENTO	0
BELL PEPPER	0



SCOVILLE HEAT UNITS

1,463,700
1,041,427
150,000–577,000
125,000–325,000
125,000–150,000
100,000–225,000
100,000–200,000
95,000–115,000
85,000–115,000
80,000–240,000
70,000–80,000
50,000–100,000
50,000–75,000
40,000–58,000
40,000–50,000
30,000–50,000
30,000–50,000
12,000–30,000
6,000–10,000
5,000–10,000
5,000–8,000
2,500–8,000
1,000–2,000
1,000–2,000
700–1,000
500–2,500
500–2,500
500–2,500
500–750
500–700
100–500
0–500
0
0

Source: www.cnn.com/2015/08/05/health/spicy-foods-may-help-you-live-longer-says-a-new-study/, www.nytimes.com, www.naturalnews.com

HOW GREEN ARE YOU?



Are you an Environmental Activist or a Environmental Underachiever? Have a look through the statements below and check off any that you're currently doing, or have done in the past, to see just how green you are:

- When walking, cycling, camping, or spending time at the beach, I never leave anything behind.
- I ride my bike, walk, carpool, or use public transportation whenever possible.
- I have written my governmental representatives about environmental issues.
- I avoid turning on the air conditioning or increasing the heat whenever possible.
- My shower has a low-flow shower head.
- I do not run the water while brushing my teeth, shaving, or hand-washing clothes.
- I take short showers instead of baths.
- My sink taps have aerators installed in them.
- I have a water displacement device in my toilet.
- I snip or rip plastic six-pack rings before I throw them out.
- I choose recycled and recyclable products as often as possible.
- I avoid noise pollutants (I don't blare my car stereo, rake instead of blow my leaves, shovel instead of snow blow, keep my ear-buds at a low level).
- I make sure my car is tuned and has functional emission control equipment.
- I try to avoid known carcinogens such as vinyl chloride, asbestos, benzene, mercury, etc.
- When shopping, I choose products with the least amount of packaging.
- I dispose of hazardous materials (old car batteries, used oil, antifreeze) at gas stations or other appropriate sites.
- If or when I have children, I will use cloth rather than disposable diapers.
- I store food in glass jars or other reusable containers and waxed paper rather than in plastic wrap.
- I use as few paper products as possible.
- I take my own bag along when I go shopping and reuse shopping bags.
- I avoid products packaged in plastic and un-recycled aluminum.
- I recycle newspapers, glass, cans, and other recyclables.
- I run the clothes dryer only as long as it takes my clothes to dry.
- I turn off lights and appliances when they are not in use.
- I compost my organic wastes.

SCORING

0–13

Environmental Underachiever

14–19

Moderately Green

20–25

Environmental Activist

Source: Donatelle et al. (2008). Health: The Basics. Toronto: Pearson, Benjamin Cummings.

FARMER CARRY



Tips Grab two heavy weights, like dumbbells or kettlebells. Pick them up safely, using a ½ squat. With the weights at your side, brace your abs, pin back your shoulder blades, make your spine straight, and walk as far as you can. Keep your core tight and engaged.

What is it good for? This exercise strengthens the forearms, grip, neck, shoulders, back, abs, glutes and quads, useful for carrying gardening tools, watering cans, and bags of soil or compost.

RENEGADE ROWS



Tips This exercise combines a basic push up with a row. Get into a pushup position with your hands resting on dumbbells and your feet slightly more than hip-width apart. Brace your abs and pull one dumbbell toward the side of your rib cage. Pause, lower the weight, and repeat with the other arm. 10x per arm.

What is it good for? This combination move targets your chest, back and core muscles, which is great for raking or pulling out any well-rooted weeds or plants, or starting any machinery with a pull-start, like a lawn mower.

DIAGONAL WOOD CHOP



Tips In a standing position with your feet a little wider than hip distance apart and knees slightly bent, bring a medicine ball to your left shoulder, holding it securely in two hands. Brace your abs and 'chop' the ball down diagonally across your body toward your right knee. Focus on the rotation in your torso. Bring it back up to starting position in a controlled manner. Repeat 10 times on each side. Can also be done with a resistance band.

What is it good for? This functional fitness maneuver targets the abs and obliques. Pulling, reaching, and hammering posts or tree steaks will become easier tasks once you've mastered this move.

BEAN SALAD *with Lemon and Herbs*

Serves 6



This flavor-packed salad will delight your taste buds. Many of the ingredients can be grown in a backyard or window box garden.

INGREDIENTS:

2 cups fresh cooked shell beans (such as cannellini or cranberry) or

1 14 oz can cannellini beans or chickpeas, rinsed

6 oz green beans, trimmed, cut into 1 inch pieces

¼ cup fresh parsley leaves

¼ cup olive oil

3 tbsp fresh chives, chopped

2 tbsp capers, chopped

1 tbsp grated lemon zest

2 tbsp fresh lemon juice

½ tsp Aleppo pepper or **¼ tsp** crushed red pepper flakes

Salt and freshly ground black pepper, to taste

DIRECTIONS:

Toss all the ingredients into a bowl; season with salt and pepper.

NUTRITIONAL INFORMATION:

140 calories

10 g fat

1.5 g saturated fat

0 g cholesterol

4 g protein

11 g carbohydrates

3 g fiber

360 mg sodium

Source: www.bonappetit.com/recipe/bean-salad-with-lemon-and-herbs

BREATHE EASIER with houseplants

You're probably aware that plants produce oxygen, but did you know they can also absorb household contaminants, like benzene and formaldehyde, which are found in cleaning products, plastic products, cosmetics, and synthetic fibers (upholstery, carpeting, and clothing)?

With the air quality of the space station in mind, NASA did a study to look at which plants made the best filters. Listed below are popular, easy-to-care-for plants that make excellent 'air filters' for your home or office. Based on one plant per 100 square feet of indoor space, researchers have determined that houseplants can remove up to 87% of indoor air pollutants within 24 hours.



PEACE LILIES



SPIDER PLANT



WEeping FIG



SNAKE PLANT
(aka mother-in-law's tongue)



BAMBOO PALM
(aka reed palm)



ENGLISH IVY



ELEPHANT EARS



HEART LEAF
PHILODENDRON



RUBBER PLANTS

Find a more exhaustive list in Dr. B.C. Wolverton's book, *How to Grow Fresh Air*

Source: www.plantsrescue.com/indoor-plants-create-clean-air, www.davidsuzuki.org

Using a crockpot/slow-cooker is a great way to simplify your life and help you get dinner on the table no matter how busy you are. Check out our website for FIVE of our favourites recipes to make your work week a little easier!

<http://magnawellness.ca/?t=health-articles&id=8718>

NEW TO GARDENING? Here are some tips that might help you get started:

Start off slow

If you don't want to jump into a full garden, start with a small houseplant or a potted patio plant.

Have a plan

Put thought into what you want to grow and plan the layout.

Wear gloves to protect your hands

Get a good fitting pair of cloth gloves.

Weeds can quickly overtake your vegetables and flowers

Weed early and weed as often as you can.

Protect your plants

Animals love gardens, too! Protect those yummy foods with cages or fences!

Water regularly

Plants can dry out quickly, especially when it is hot, humid, and sunny. Water your plants moderately and regularly so they have a steady pace of growth.

We would love to hear from you!
Send your suggestions / comments to:

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