

GOOD *for you*

Health and Wellness
for Magna Employees



Cruising to Better Health at Casmir

Wellness is more than just being free from illness; it's about an individual becoming aware and making choices toward a healthy and fulfilling life.

Above: Elwin Leung of Magna Exteriors (left), Renata Stoimenova of Powertrain (center), Don Duclos of Magna Exteriors (right)

continue reading

IN THIS ISSUE

PAGE ONE

Cruising to Better Health at Casmir

PAGE TWO

Going Gluten Free
Fitness Terms & Trends:
How to find what's right for you...

PAGE THREE

Mindfulness over Matter

PAGE FOUR

Chicken Tacos
Beneficial Bacteria
Elimination Diet: Why & How

The employees of Magna Exteriors and Magna Powertrain, (nicknamed "Casmir" after their shared office complex on Casmir Court in Woodbridge, Ontario) have embraced the wellness philosophy, with the majority taking part in healthy initiatives both at and outside of work.

They participate in on-site health screenings, lunch and learns, and walking groups. Most recently, Casmir employees won an interdivisional stationary-bike challenge. Renata Stoimenova of Powertrain and Elwin Leung of Exteriors, are regulars of the on-site fitness classes.

"I love the idea of having fitness classes offered and encouraged by our company," says Renata, who participates in weekly yoga and bootcamp classes.

"These classes are a great way of balancing work and well-being while staying in shape. [Yoga] class is perfect for flexibility, balance and strength. After the class, I get a burst of energy to continue with the challenges of the day."

Elwin, who also attends both classes, says, "Our instructor is very good at providing yoga poses and stretches that help the majority of us who are office workers. My personal favorites are stretches for my hamstrings, which are short and tight from sitting all day." The yoga instructor tailors the class for all experience levels. "Beginners like myself, can still be active in the class while the more experienced people can do harder levels and still feel challenged."

Bootcamp classes are more intense and designed to push the limits of strength and endurance. With encouragement from the instructor, participants are challenged to do ten more, or fifteen more, or even twenty more. "I can do bridge pose again, I thought impossible a month ago," Renata says. "The classes complement each other. Friday yoga stretches and eases the sore muscles from the Wednesday

bootcamp class, and the flexibility and balance from yoga takes the bootcamp experience to the next level."

"The soreness is a 'good sore,' which makes me feel like I did something good and that I've accomplished something," Elwin adds. "Each class feels very different so it almost seems like a new class each time, not boring and repetitive."

Don Duclos, Automation/Robotic Specialist with Magna Exteriors, goes on lunchtime walks and encourages others to join him. Known for being a fun, super-social guy, Don's journey to a "better self" began in early 2015 when he attended a Magna Wellness information session that focused on heart health. "At the end of the training they took our blood pressure. I was shocked to find out that I had elevated blood pressure. They advised me to lower my salt intake and to quit smoking. Within a few months of reducing my salt intake, my blood pressure came down to normal."

But Don didn't stop with reducing his salt... he decided to give up smoking. "For anyone who's tried this, you know how difficult it is. This must have been the hardest thing I've ever had to do. But every day I would tell myself it was just for today. Days became weeks and weeks became months. Then six months went by and I went from 157lb to 198lb and it was all around the belly. I went from a 33 inch waist size to a 36. But at least I wasn't smoking."

A year later, Casmir introduced a weekly bootcamp class and Don jumped in. He cut out all sugar, adopted a low-carb diet, started eating more greens, and added walking. "I have a lot more energy and feel so good physically. Now this is not a diet anymore, it's a way of life, eating well and exercising." Don's weight has dropped back down to a healthy 172lbs, and though he has reintroduced bread and pasta in limited amounts, the sugar and cigarettes are gone for good.

Employees have recently started a lunch-time running group. Some are in it for their own gains, while others are training to participate in this October's CIBC Run for the Cure, a Canada-wide initiative which raises funds for breast cancer research. The Casmir group as already raised over \$300.



"Friday yoga stretches and eases the sore muscles from the Wednesday bootcamp class, and the flexibility and balance from yoga takes the bootcamp experience to the next level."

"The health and safety of our employees is a top priority for Magna and embedded into the Magna Employee's Charter," says Darlene Hillier, Group HR Manager for Magna Powertrain at Casmir. "Magna's Good For You Wellness Program takes the commitment a step further and offers programs for our employees to improve their health."

"The company benefits from healthy productive employees, and the employee gains knowledge and develops habits to contribute to their overall well-being. It's a win-win situation!"

Casmir Employees

Magna Exteriors and Magna Powertrain



Follow Magna Wellness on
LinkedIn, Instagram, YouTube

@magnawellness



going GLUTEN FREE

WHAT IS GLUTEN AND WHY SHOULD I AVOID IT?

Gluten is a protein found in grains such as wheat, barley and rye.

For people diagnosed with celiac disease, a disorder that causes gluten to trigger an immune response that damages the small intestine, a gluten-free diet (or GFD) is a way of life. Others, who haven't been diagnosed with celiac disease but show similar symptoms when they consume gluten (digestive issues such as gas, bloating, diarrhea, constipation, abdominal pain, fatigue), may have either a gluten allergy or a non-celiac gluten intolerance and may benefit from a GFD.

More and more consumers are adopting a GFD unnecessarily. According to a recent poll, 21% of Americans are opting for a gluten-free diet when only 1% of the U.S. population has been diagnosed with celiac disease.

Going gluten-free could mean missing out on the health benefits of whole grains, which contain critical nutrients such as fiber, iron, zinc, folate, niacin, thiamine, riboflavin, calcium, phosphorus and vitamin B12. Whole grains contain 31 different antioxidants, are helpful for weight management, and contain prebiotics to improve gut health.

Source: celiaccentral.org/Gluten-Free-Food/the-gluten-free-diet/, gastro.ucla.edu/site.cfm?id=281, livescience.com, webmd.com/digestive-disorders/ceciac-disease/

Non-celiac gluten intolerance is often misunderstood.

It produces symptoms similar to celiac disease, but causes no damage to the small intestine. Unfortunately, there is no diagnostic test for it and symptoms can only be relieved with exclusion. However, the feeling of wellness that many attribute to the removal of gluten from their diet is more likely due to the absence of the refined carbohydrates and sugary snacks that happen to contain the gluten protein. If you think you may have a gluten intolerance, try cutting out those refined foods first and keeping the healthy whole grains.

It's important to speak to your primary health care provider if you suspect that you have celiac disease or a gluten allergy or intolerance before adopting a GFD.

If you are on a GFD, it's necessary to maintain a healthy and balanced modified diet to ensure your body receives all of the nutrients it requires for optimal health. This includes:

- Avoiding processed foods
- Limiting refined sugars
- Minimizing saturated and trans fats
- Having variety in your diet
- Practicing proper portion control

This specific diet eliminates all products containing gluten and ingredients that contain any derivatives of these grains.

NO



to wheat in all forms, including spelt, kamut, triticale, durum, einkorn, farina, semolina, cake flour, matzo, and couscous.



to traditionally prepared bread, cakes, cereals, cookies, crackers, pretzels, pasta, and pizza crust.



to barley and malt, including vinegars or malt flavorings, breading or flour coating on meats and vegetables.



to marinades, such as teriyaki, and seasonings and sauces if "wheat" is listed in the ingredients.



to foods that are fried in the same oil as breaded products.

YES



to corn in all forms.



to rice in all forms.



to buckwheat, cassava, millet, flax, polenta, and quinoa.



to flours made from gluten-free grains, nuts, beans and coconut. Look for products labeled gluten-free to avoid cross-contamination.

FITNESS TERMS & TRENDS:

How to find what's right for you...

Tired of the same old gym routine, of starting every day with a downward facing dog? The ever-evolving world of health and fitness is always coming up with fresh new ways to get us up and moving. It can be tough, even intimidating, to sort through the jargon and trends so we put together a list to explain some of the newer and more popular:



HIIT

This acronym stands for High Impact Interval Training, which means short intense bursts of exercise followed by a more moderate pace, then repeat. You'll find HIIT in a variety of fitness crazes, like Tabata and CrossFit. If you want to see how well HIIT can work, check out Wellness Challenge winner Andrew Fry (Tycos Tool & Die). Search for "Andrew Fry" on our website to read his story.



FUNCTIONAL FITNESS

Functional training programs are designed to get us in ideal shape to perform activities associated with daily living. This type of training improves your balance, coordination, power, and endurance using equipment like ropes, weighted balls, and other objects that require our bodies to constantly react and readjust. Unlike those machines at the gym that target one muscle group at a time, functional fitness uses a series of natural movement patterns that make muscles more efficient by allowing them to work together, ultimately making us stronger, leaner and healthier. Functional fitness has become the basis or core ideology of many of today's fitness trends, including CrossFit and Kettlebell.



KETTLEBELL

A kettlebell is a large cast-iron ball shaped weight with a handle that can range from five pounds to over 100. It's about creating and controlling momentum, a fundamental departure from traditional dumbbell weight training. A full-body kettlebell routine offers great versatility and a great workout that will increase your power, strength, and conditioning, helping you do everyday activities, from picking up a toddler to lugging bags of soil. Kettlebell workouts can be designed for all fitness levels but it is important you have a few sessions with a professional trainer to ensure proper technique and to avoid injury. Kettlebell-swing, Kevin Magill, (Techform, Magna Closures) was recently featured in an employee story on MagnaWellness.com. Search for "Kevin Magill" on our website to read it.



SPINNING

If you're indoor-biking in a classroom setting on a special stationary bicycle with a weighted, adjustable flywheel, you're spinning. Spinning classes focus on endurance, strength, and intensity, all set to invigorating music to create an energized atmosphere. It's great for all ability levels, the instructor can vary the routines to keep things fresh, and it's a great, cardio-intense, low-impact workout.



CROSSFIT

This is a strength and conditioning program based on functional movements, but at a higher-intensity. It focuses on ten general physical skills: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy. CrossFit training has been favored by the military, police and firefighters as it best simulates the physical challenges they endure on the job. Most CrossFit facilities will let you come in and try out a class for free.

MINDFULNESS over MATTER

Stress isn't all in your head. Researchers are continually finding evidence that the brain has a distinct power to manipulate the body's physiology. When you're stressed, your body responds. But what can we do? We lead busy lifestyles, fight to balance work and family time, have financial worries, and little time to relax and unwind.

Mindfulness is the intentional and non-judgmental focus of one's attention and the emotions, thoughts, and sensations of the present moment.

Mindfulness is one useful technique that can be used to reduce our stress levels. Mindfulness practices have been shown to improve self-awareness, learning, attention and relaxation. The technique is simple to master and can be done anytime, anywhere. Feeling stressed at work? Mindfulness techniques can help in the work environment by bringing attention and purpose to the present moment.

Next time you're feeling overwhelmed, try one of these:

- Start by breathing deeply. Just a few minutes of deep breathing can calm you and hold off the physiologic stress response.
- Focus on the moment and not on what's making you stressed, either future or past. Feel the sensation of your limbs, whether you're walking or sitting still. Listen to the sounds around you, or the taste of your food, or the scents in the air.
- Reframe the situation. Look at the stress-causing situation from another angle. If you're waiting impatiently for an appointment, or stuck in traffic, look at it as an opportunity to have a few moments to yourself. If you have no control over it, don't get frustrated, use it!
- Keep things in perspective. Think of things for which you are grateful and let those steal your focus away from the stressor.

Our busy lifestyles are often to blame for poor nutrition. Who hasn't reached for a microwaveable or pre-packaged meal, or turned to mindless snacking when stressed? Practicing mindful eating is a great way to gain control of what, how much, and even why we are eating. Here are some tips to consider when trying to eat mindfully:

- Choose healthier food options when shopping to remove temptation.
- Eat only when you feel hungry.
- Eliminate distractions when eating (TV, cell phones, tablets, laptops).
- Before your first bite, take a few deep breaths to settle your mind.
- Savor each and every bite of food, concentrating on the flavours and textures.
- Allow your thoughts to flow freely and be aware of what is happening while you are eating.

When you're stressed, your body responds. Stress can:

CAUSE OR WORSEN HEADACHES

CAUSE FASTER BREATHING

CAUSE OR WORSEN DEPRESSION AND ANXIETY

CAUSE OR WORSEN HEART DISEASE

CAUSE BLOOD PRESSURE AND PULSE TO RISE

FLOOD BLOODSTREAM WITH HORMONES SUCH AS CORTISOL AND ADRENALINE

CAUSE OR WORSEN OBESITY

Source: online.liebertpub.com/doi/abs/10.1089/10755530260511739?journalCode=acm, www.pnas.org/content/104/43/17152



ZUMBA

This Latin-inspired cardio dance workout is fun and a calorie burner. Classes are set to upbeat music like salsa, flamenco, and merengue. The workout varies between high, medium and low intensity dance moves that are designed to get your heart rate up and boost cardio endurance, and though it does involve high impact moves like bouncing and jumping, it's easily modified to suit individual needs. You don't need to be a great dancer to enjoy the workout. They've adapted it for the pool (Aqua Zumba), for seniors (Zumba Gold), for kids (Zumbatomic) and added a strength training component (Zumba Toning). Zumba can be done by all ages and fitness levels, either at a fitness centre or in your own home with a DVD.



TABATA

These workouts take HIIT to the extreme. Tabata training involves taking one large-muscle group exercise at a time, like burpees, kettlebell swings or dumbbell squats, and pushing yourself as hard as possible—really hard—for 20 seconds, resting for 10, then repeating, until 8 sets are complete in a 4 minute time frame. Stacking five or six exercises into a session will give you a super-intense, heart-pounding, sweat-producing workout. You won't see the benefits if you're leisurely going through the movements, but performed correctly, the "afterburn effect" keeps you burning calories for hours after your workout has ended. Not ideal for novices because of the speed at which the exercises must be performed, Tabata is best left to the hard-core fitness fiends.



SUP FITNESS

Stand-Up Paddleboarding can be described as a cross between surfing and kayaking. This low-to-no-impact full-body workout done on the water improves core-strength, cardio fitness, balance and flexibility and can be done by people of all ages and fitness levels. Beginners should start on calm, flat water, on an ocean, lake, river or swimming pool. Varying intensity workouts are available, from casual paddling, SUP yoga (yoga poses on the board), and all the way up the intensity scale to racing.



DOONYA

A dance workout that blends Eastern and Western approaches to wellness. Like yoga, Doonya taps into Hindu beliefs that creative energy flows through us, nourishing the soul. Described as "ridiculous, hysterical fun," a typical hour-long class begins with a warm-up, followed by a series of choreographed dance-moves designed to work a different part of your body. You may think you're hip-popping and booty-shaking, but you're actually toning your glutes and outer thighs. The moves are then combined into a high-speed number worthy of a Bollywood production.



APPS AND GAME-INSPIRED WORKOUTS

From Zombie Runs to Tough Mudder, people are embracing the idea of turning boring exercise routines into games and competitions. You may have to endure an undead hoard, or a slip and slide through obstacle courses designed to make you dirtier than you've ever been, but it'll get you off that stationary bike in your basement.

Research shows that even 150 minutes per week of exercise is beneficial for blood pressure and cholesterol.

If you're not ready to join a class or go to a gym, there are a variety of videos on the Magna Wellness website hosted by our own Wellness team.

Try Marshall's Weekly Fitness Challenge, 16 Exercises to do at the Park, or Nicole's 10 Minute Cardio Blast, Core Conditioning Workout, or Resistance Band Workout. Visit our site and go to the Health Videos section under Let's Learn. Get Moving, Magna!

VISIT WWW.MAGNAWELLNESS.CA TODAY!

CHICKEN TACOS

Serves 2



INGREDIENTS

- 2 plum tomatoes
- 8 ounces boneless, skinless chicken breast, cut into 1 inch chunks
- 2 teaspoons canola oil, divided
- ½ cup onion (white or sweet), finely chopped
- 1 clove garlic, minced
- 1 small jalapeño pepper, seeded and minced
- 2 teaspoons lime juice, plus lime wedges for garnish
- 2 teaspoons fresh cilantro, chopped
- 2 scallions, chopped
- Salt and pepper to taste
- 6 small corn tortillas, heated

INSTRUCTIONS

1. Core the tomatoes. Heat a medium-size skillet until very hot. Add the tomatoes, turning occasionally with tongs, until charred on all sides, about 8-10 minutes. Transfer to a dish to cool slightly.
2. Add 1 tsp of oil to the pan and heat until very hot. Add the chicken and cook, stirring until browned on all sides and no longer pink in the middle, about 3-5 minutes. Transfer to a dish.
3. While the chicken is cooking, cut the tomatoes in half crosswise, squeeze to discard seeds, and chop the remaining pulp and skin.
4. Reduce heat to medium and add the remaining 1 tsp oil. Add onion, stirring occasionally, until softened, about 2 minutes. Stir in the garlic and jalapeño, and cook for another minute. Add lime juice, the chicken and tomatoes. Stir to combine and cook until everything is just heated through, about 2 minutes. Stir in cilantro, scallions, and salt and pepper to taste.
5. While the chicken mixture is cooking, heat the tortillas in a prepared oven or microwave, according to the package directions.
6. Divide the filling among tortillas. Garnish with cilantro and lime wedges, and enjoy!

NUTRITIONAL INFORMATION

| | |
|------------------|-------------------|
| 296 calories | 27 g protein |
| 9 g fat | 415 mg sodium |
| 26 g cholesterol | 2 g dietary fiber |

beneficial BACTERIA

There are more types of bacteria on earth than humans.

Largely associated with dirt, disease and death, bacteria has gotten a bad rap. But it's not all harmful! Bacteria that live in our intestinal tract, referred to as "gut flora" or "microbiota," are crucial for the digestion of food, synthesis of certain vitamins, and for training our immune systems to fight off things like influenza and cancer-forming carcinogens. Researchers are also seeing links to microbiota and the regulation of our metabolism.

The two types of bacteria responsible for improving gut flora are:

PROBIOTICS are essential living microorganisms that work to regulate the microbiome in the gut. A healthy population of good bacteria helps move food through the digestive system.

Probiotics are found in naturally fermented foods like vegetables, teas, and dairy products:

- Sauerkraut
- Pickles
- Kimchi
- Miso
- Olives
- Yogurt
- Kefir
- Fermented tea (Kombucha)

Fermented foods go through a process called lacto-fermentation, where natural bacteria feed on the sugar and starch in foods, creating lactic acid. This process preserves the food, and creates beneficial enzymes, B vitamins, and a bevy of probiotics.

PREBIOTICS act as food for probiotics. They help probiotics thrive in the digestive system. Prebiotics are found in plant-based foods, like:

- Banana
- Berries
- Artichoke
- Garlic
- Barley
- Onion
- Leek
- Tomato (cooked)
- Chicory
- Rye

Food labels of probiotics should:

- Read "Live Cultured"
- Have specific storage instructions
- Have an expiry date

Source: <http://neurosciencestuff.tumblr.com/post/38271759345/gut-instincts-the-secrets-of-your-second-brain>

ELIMINATION DIET: Why & How

It is very common for individuals to experience sensitivities and intolerance to certain foods.

Trigger foods can cause problems and irritations in the digestive tract. Common trigger foods include: gluten, dairy, eggs, soy, corn, fruits, nightshade vegetables (eggplant, peppers, potatoes and tomatoes), food additives, preservatives (MSG, food dyes, sodium nitrate/nitrite, artificial sweeteners, etc.), and sugars.

If you don't have any gut-related complaints, there's no need to experiment with an elimination diet, however, if you suffer from digestive issues, the elimination diet can be an effective method to determine root problematic foods. As with any diet, we recommend you discuss it with your health care provider first.



1

Elimination

Remove all possible trigger foods from your diet for at least 3 to 4 weeks to recognize any sensitivity (e.g. removing all dairy from your diet). For a more comprehensive list of trigger foods and how best to eliminate and/or replace them, visit www.precisionnutrition.com/elimination-diet.

2

Reintroduction

Slowly introduce the trigger foods back into your diet one food at a time.

3

Tracking

Keep a journal and track signs and symptoms experienced throughout this process. Take note of how you're feeling, how you're sleeping, an increase or decrease in energy levels, and bowel habits. During the reintroduction phase, it's especially important to keep an eye on any negative symptoms like insomnia, joint pain, headaches, fatigue or skin outbreaks/rashes.

TIPS

Read nutrition labels to avoid "hidden" ingredients that contain trigger foods.

Prepare in advance by creating a meal-plan based on elimination diet recipes.

Clean your kitchen of any trigger foods to avoid low-willpower situations, and stock your pantry accordingly.

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

Magna Wellness
141 Staffern Drive, Concord, Ontario L4K 2R2
e: wellness@magna.com
p: (905) 726-7490

MAGNA and **GOOD for you**
are registered trademarks of Magna International Inc.