



# Your Healthy Workplace

A Monthly Newsletter • December 2018



## The holidays:

# A season of gaining weight

Americans gain about one to two pounds during the holidays. While this doesn't sound so dramatic, research shows it adds up over the years.

Here's some information from the national Academy of Nutrition and Dietetics that you can share with your employees. There are ways to avoid holiday weight gain.

### Don't Skip Meals

Saving your appetite for a big holiday party or feast? Don't. Skipping meals during the day may result in overeating. It is especially important to have breakfast, as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber by eating fruits, vegetables and whole grains. Fiber-rich foods are high in volume and will satisfy hunger, but are lower in calories.

### Eat Small Portions

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that

are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

### Pick a Strategy to Avoid Overeating

There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your

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## A gift for the whole staff

### Let us help start a wellness program

As soon as the holidays are over, many of us want to start losing weight. This is a perfect time to start a wellness program with the help of Physicians Quality Care OCCMed.

Employees who participate will feel better, look better and be healthier. It will even lower your company's medical costs and the use of sick days.

Our services include everything from exercise and diet initiatives to stop smoking and other educational classes on healthy lifestyles.

Contact Jennifer Carmack at [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) or 731.984.8400. **Let's get started today!**

### Physicians Quality Care

2075 Pleasant Plains Ext. • Jackson, TN 38305  
Office: 731.984.8400 • Fax: 731.984.8305  
Milan: 15463 S. First St. 38358 • 731.686.8688

Office Hours: 9 a.m. – 5 p.m. Monday to Friday

Clinic Hours: 7 a.m. – 9 p.m. Monday to Friday

On-site Services: Available 24/7 by arrangement

[jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com) • [occmmedjackson.com](http://occmmedjackson.com)

# Holiday eating

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plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds, wait 10 minutes to see if you really still are hungry.

## Keep Moving

Finally, after dinner or when the party is over, plan some physical exercise. Even if it is the next day, go for a walk, visit the gym, or play catch or a game of basketball with the kids.

## We are still giving flu shots.

Providing these shots for your employees is still the best way to prevent flu from spreading throughout your workplace. It also reduces doctors' visits and missed work because of illness.

Physicians Quality Care OCCMed can schedule flu shots at your work site, or your employees can come to the clinics in Milan or Jackson for the shot. Contact Jennifer Carmack for details.



## We speak OSHA!

To help you comply with OSHA, we offer ...

- ▶ On-site CAOHC-certified audiometry in our mobile unit
- ▶ DOT, non-DOT & hair follicle drug screening
- ▶ Breath- & blood-alcohol testing
- ▶ Health fairs
- ▶ DOT, wellness & pre-employment physicals
- ▶ Strength & agility testing
- ▶ NIOSH-approved pulmonary function testing
- ▶ Respirator-fit testing & respirator medical evaluations
- ▶ Heavy-metal testing
- ▶ Industrial hygiene: noise sampling, air sampling, dust sampling, etc.
- ▶ Nerve conduction studies
- ▶ X-rays & EKGs



Physicians Quality Care  
P.O. Box 12197  
Jackson, TN 38308

*Address Service Requested*

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## Setting up DOT physicals for your drivers should not be a logistical challenge

The next time you need to schedule Department of Transportation physicals for your drivers, you need only make one phone call or write one email.

Physicians Quality Care OCCMed will do the rest.

We'll set up the physicals to suit your schedule; our medical examiners will come to your site to do the physicals. We'll fill out the necessary paperwork, including certificates of health for each driver, and get the results back to you the same day when we do the physicals at your site.

Contact us at 731-984-8400 or [jennifer@physiciansqualitycare.com](mailto:jennifer@physiciansqualitycare.com).



## Get up and walk!

You've probably heard the health warning: Sitting is the new smoking.

The importance of getting up and walking to prevent serious health issues when you sit at a desk all day long has gotten a lot of attention recently.

Those health risks include increased blood pressure, high blood sugar, excess weight and high cholesterol levels, all of which may increase the risk of death from heart disease and cancer.

Now, research points to even more benefits from taking a work-day walk: boosting your mood and

relieving job stress.

One study showed that after employees took a 30-minute walk at lunch, they were less tense, more enthusiastic and better able to cope, compared to afternoons on days they hadn't walked. As a bonus, the workers showed gains in aerobic fitness and other measures of health at the end of the study.

Another study found that taking daily 15-minute walks in a park during lunch hour led to better concentration and less fatigue in the afternoon. And the benefits were seen almost immediately.

Source: *HealthDay*