

Turret Steel Industries, Inc.
Sunbelt-Turret Steel, Inc.
Wilcox Steel

Wellness Newsletter



www.christianillustrations.net

Hello, my name is Sandi Redmond and I am the new Human Resources Generalist with Turret Steel Industries, Inc., Sunbelt-Turret Steel, Inc., and Wilcox Steel. I am very pleased to be here and I look forward to providing you with support in all personnel areas. Please note, all of my contact information is listed on page 4 of this newsletter and you are welcome to contact me anytime.

This newsletter has been developed to promote health and well-being to all employees through informative, friendly reminders of the importance of beginning and/or maintaining a healthy lifestyle. It seems this time of year we are all busier at home and at work, so this issue contains information and tips aimed at reducing, or even better yet, avoiding stress. Any ideas for future editions are most welcome.

Thank you,
Sandi

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TIPS FOR COPING WITH STRESS DURING THE BUSY HOLIDAY SEASON

Here are some practical tips from the Mayo Clinic to help minimize the stress that often accompanies the holidays:

- ◆ **Acknowledge your feelings.** If for any reason you cannot be with a loved one during the holidays, realize that it is normal to feel sadness and grief. No one can force themselves to be happy just because it's the holidays.
- ◆ **Reach out.** If you feel lonely or isolated, seek out community or other social events. They can offer support and companionship. Volunteering your time to help others is also a good way to lift your spirits and make some new friends.
- ◆ **Be realistic.** The holidays do not have to be perfect or just like last year. As families grow and change, traditions often change as well. Choose several traditions to hold onto, but also be open to creating new ones.
- ◆ **Set aside differences.** Try to accept family and friends as they are. Set aside grievances until a more appropriate time. Understand that if others get upset when something goes wrong, they are probably feeling the effects of holiday stress, too.
- ◆ **Don't abandon healthy habits.** Continue to get plenty of sleep and physical activity. And remember, overindulgence in food and alcoholic beverages only adds to stress and guilt.
- ◆ **Plan ahead.** Set aside specific days for shopping, baking, visiting, and other activities. Also, plan your menus ahead of time and make a shopping list. This will help prevent last minute scrambling for forgotten ingredients.

Keep in mind that every year is truly a once-in-a-lifetime holiday event, never to be repeated again. So enjoy yourself as much as possible this holiday season.





Sweet & Savory Chicken

Source: Eating Well Magazine

Ingredients

- 1 to 1-1/4 pounds skinless, boneless chicken breast
- 2 teaspoons light brown sugar
- 2 teaspoons dry mustard
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation

1. Combine brown sugar, dry mustard, onion powder, salt, and pepper in a small bowl.
2. Cover both sides of chicken with rub up to 30 minutes before cooking.

To grill: Preheat grill to medium-high. Just before placing chicken on the grill, oil the grill rack (see tip below). Grill the chicken, turning once, until a thermometer registers 165 degrees, approximately five to eight minutes per side.

To broil: Move rack in upper third of oven and preheat broiler. Line a baking sheet with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until a thermometer registers 165 degrees, about ten to fifteen minutes total.

Tip: Oiling a grill rack before use helps prevent food from sticking. To oil, fold a folded paper towel, hold it with tongs and rub it on the grill rack. Do not use cooking spray on a hot grill. When grilling delicate food, such as some types of fish, it is helpful to lightly coat the food with cooking spray just before grilling.

You just worked an eight hour day, fought traffic to and from work; the last thing you want to do when you get home is prepare a time consuming meal. But what if you could prepare a healthy meal in thirty minutes or less? The following recipe is delicious, fast, and healthy.

Nutrition (per 4 ounce serving):

140 calories; 3 g fat; 63 mg cholesterol;
3 g carbohydrates; 2 g added sugars; 23 g protein;
0 g fiber; 196 mg sodium; 198 mg potassium

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” John F. Kennedy

Stress

Stress can emanate from any situation that makes you feel frustrated, angry, or anxious. Small doses of stress can be beneficial. But if it becomes too great and begins to affect our physical or mental functioning, it may become a serious problem.

If you are feeling stressed, talk with someone such as your spouse, a trusted friend, your supervisor, the HR department, a minister, or a therapist. If you find it difficult to talk openly with someone, try writing your feelings down on paper. Many people find relief in getting feelings out of their heads and onto paper.

Secret Benefits of Exercise

There are many other benefits to exercise besides weight loss and keeping in shape. Some other benefits to exercise are:

- Increases self confidence
- Better posture and taller stature
- Improves mood
- Reduces stress and anxiety
- Promotes healthy, glowing skin
- Strengthens the immune system and improves detoxification
- Increases fat loss
- Improves sleep
- Boosts energy



“Sleep is the best meditation.” Dalai Lama

How Important is Sleep?

The subject of sleep is one of the most debated topics in science today. There is a great deal of controversy regarding how much sleep a person needs which makes it difficult to know who or what to believe. Some experts say we only need five hours of sleep while others say we should get nine hours per night. That is quite a big difference. While the number of hours is widely debated, the importance of getting adequate sleep has never been debated.

More and more experts are now saying that each person is different when it comes to the amount of sleep required each night. Many factors, such as age, stress, health problems, family history, etc. impact the amount of sleep each person requires. Do you still feel very tired when you awake each morning? Do you feel tired throughout the day? Do you lack energy or focus? Do you rely on caffeinated products to stay awake? If you answer ‘yes’ to these questions it could be that you are not getting enough sleep. If you have difficulty falling to sleep or staying asleep, here are a few tips that you may find helpful:

- Set a regular schedule
- Increase your exposure to natural light during the day
- Keep the television off while sleeping
- Make sure your bedroom is dark and cool
- Keep the noise level down
- Eat healthy
- Exercise regularly
- Avoid caffeine and alcohol at least two hours before going to bed
- Quit smoking
- Participate in a quiet activity before bed, such as reading a book
- Consult a physician

Sleep Apnea

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts during sleep.

Breathing pauses occur when your throat muscles intermittently relax and block your airway during sleep. These pauses normally last a few seconds and may occur five to thirty times or more an hour. Typically, normal breathing then starts again, often preceded by a loud snore or choking sound.

Sleep apnea is usually a chronic (ongoing) condition that disrupts your sleep. You often move out of deep sleep and into light sleep when you have a pause in breathing or when your breathing becomes shallow.

Sleep apnea is one of the leading causes of excessive daytime tiredness which can lead to irritability, fatigue, lack of concentration, and impaired short term memory.

All too often, sleep apnea goes undiagnosed. Doctors can’t detect the condition during a routine office visit with a patient because it only occurs during sleep. A household member is usually the first to notice the signs of sleep apnea.

If you or someone you know shows signs of sleep apnea or has any other difficulty with sleeping well at night, make an appointment with your family doctor to discuss the symptoms. Treatment is necessary to avoid more serious future health problems.

Brain Teaser

It's fun to solve brain teasers and it's wise to stimulate our brains. The answer to the brain teaser is listed below, so don't read ahead.

Question:

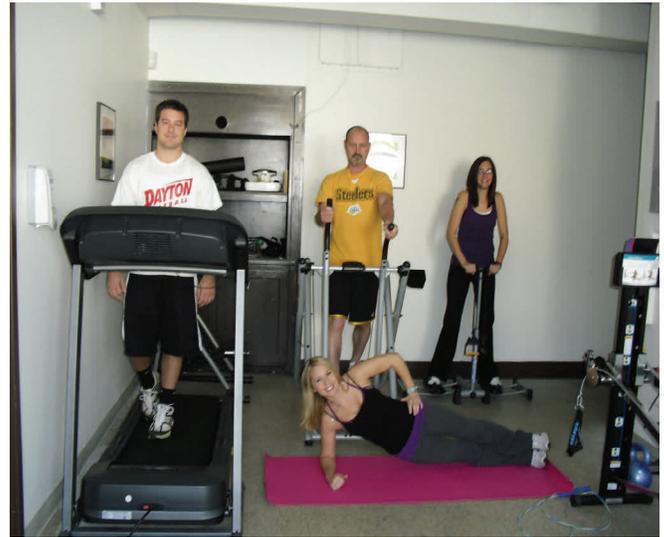
You have a fox, a chicken, and a sack of grain. You must cross a river with only one of them at a time. If you leave the fox with the chicken he will eat it; if you leave the chicken with the grain he will eat it. How can you get all three across safely?

Answer:

Take the chicken over first. Go back and bring the grain next, but instead of leaving the chicken with the grain, come back with the chicken. Leave the chicken on the first side and take the fox with you. Leave the fox on the other side with the grain. Finally, go back over and get the chicken.

Meet Some Of Our Healthy Employees

Every day at noon you can find Richelle Hall-DuMoulin, Lea Myers, Kyle Ubinger, and Tim Bonfanti of Imperial, PA exercising. They all have busy lives so they use the time given to them at lunch to stay in shape. When it is nice outside they will walk on the hiking trail across the street. During inclement weather they will use a vacant room to work out on donated gym equipment or they walk down the street to work out with Walt Nesbit, a personal trainer at Movement Studio of Pittsburgh. Keep up the good work Richelle, Lea, Kyle and Tim!



We are pleased to introduce the first issue of the Wellness Newsletter. The intent of the newsletter is to provide healthy reminders that will keep us all physically and mentally fit for work and for life. If you have an idea for a future copy of the Wellness Newsletter, please contact me. Also, if you are involved in any type of program that promotes health and well-being and would like to share that information with us, please do so. Any information that will inspire others to begin or maintain healthier lifestyles will be most appreciated. Please feel free to contact me at:

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Thank you,
Sandi Redmond
Human Resources

