

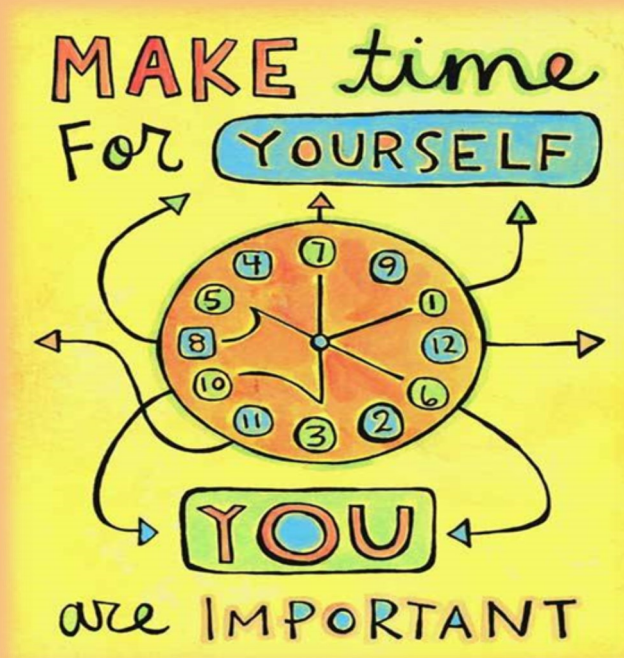
Pulse Talk

March
Edition

Happy March Everyone!

We are continuing on our 2020 initiative of Self-Care. This month we want to support this initiative by providing information for you about nutrition and the challenges that are presented to you specifically in relation to nutrition as a Health Care employee. You may work shifts or you may work in a position that challenges the opportunity to maintain a regular schedule. Either way, your nutrition planning and preparation and consumption could all be affected. Eating well is an important component for self care. Providing your body with the appropriate nutrition fuels not only your physical needs but also your mental and emotional stability. Physical and emotional stamina, alertness and resilience can all be affected by nutrition choices. Our intention is to help you with your self care by providing information, resources and a new edition of our Annual Pulse Generator Cookbook (ready in May).

Please remember to take time for yourself – exercise and eat well.



www.pulsegenerator.ca



Are there special nutritional considerations for shift workers?



Millions of Canadians work outside of the traditional 7 a.m. to 6 p.m. work period which can present a special set of food and nutrition challenges.

Have you ever called yourself an 'early riser' or a 'night owl'? We can get these labels because of our 'circadian rhythms' or internal clock which tells us when to naturally rise and sleep. When we try to work at times that go against our normal internal rhythms, it can pose challenges to how we eat and sleep.

Because eating habits are altered by shift work, workers often experience:

- higher rates of gastrointestinal problems such as constipation, diarrhea, gas, indigestion, heartburn, or stomach ulcers;
- altered appetite;
- gain or loss of body weight.

These issues occur for a number of reasons:

- Eating in a rush.
- Eating alone without family and friends.
- Eating poorly during the day and then over-eating on the night shift, at a time when the digestive processes are slowed.
- Consuming too much caffeine from coffee, tea, iced tea, colas, or chocolate during work in an attempt to stay awake.

As with non-shift workers, the basics of healthy eating apply as outlined in [Eating Well with Canada's Food Guide](#). Below are some meal preparation and nutrition tips for shift workers:

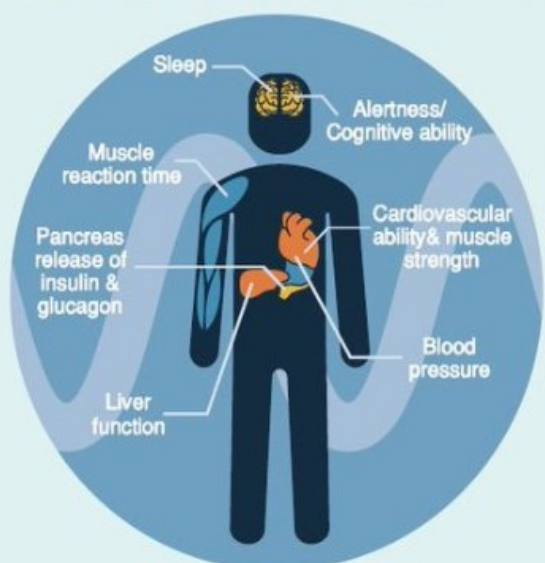
- Pack a meal and snack from home to help you eat well on your shift. There is often limited food or cafeteria service during night shifts but plenty of vending options which can contain less healthy, higher fat, sugar and salt options.
- Pick proper portions. You may find it helpful to have smaller snacks versus a larger meal during a night shift to avoid becoming too sleepy. As well, if you've had a full meal at the usual supper time, you may end up overeating if you pack another full meal to eat during the night.
- Drink plenty of fluids to help prevent dehydration which can leave you feeling even more tired. Sip water regularly.

Trusted advice from dietitians. www.dietitians.ca

- Be careful on the caffeine. Caffeine can remain in your body and promote alertness for up to 8 hours after you've consumed it. Have your caffeine at the start of your shift and then try a switch to decaffeinated beverages or water.
- Have a small snack before sleep. It can be difficult to fall asleep if you're too hungry or too full. Before bedtime, have a healthy snack such as a small bowl of whole grain cereal and milk or a few crackers with cheese and some juice. Avoid alcohol and caffeine before sleeping.
- Afternoon workers should have their main meal in the middle of the day rather than in the middle of their shift (Shift times vary from 2:00 p.m. to 10:00 p.m.; 3:30 p.m. to 11:30 p.m. or 4:00 p.m. to 12:00 midnight).
- Night workers should eat their main meal before their shift starts, preferably at regular dinnertime between 5:00 p.m. and no later than 7:00 p.m. (Shift times vary from 7:30 p.m. to 7:30 a.m. or 11:30 p.m. to 7:45 a.m.). If you work the night shift, snack lightly during your shift, and eat a small meal with adequate protein at your midnight break (like chicken, lean beef, low fat cheese, nuts, eggs, peanut butter or tuna). Avoid sugary and fatty foods as these can make you feel more tired.

Paying attention to what and how much you eat and drink can help you stay alert and perform your best on the job when you're working a variety of shifts.

A HEALTHY CLOCK



Improved sleep quality, mood, metabolism, cardiovascular health.
Decreased risk for disease.

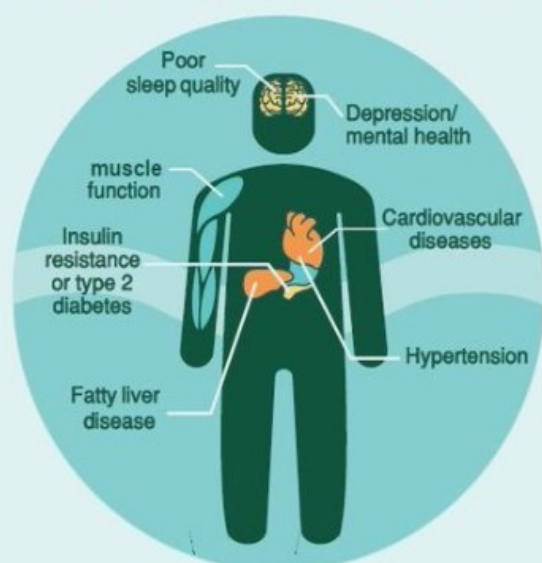
Behavior that decreases circadian health & demotes healthy aging

- Shift work
- Jet lag
- Aging
- Erratic Lifestyle

Behavior to improve circadian health & promote healthy aging

- Time-Restricted feeding
- Healthy Light exposure
- Regular and sufficient sleep

A DISRUPTED CLOCK



Decreased sleep quality, mood, metabolism, cardiovascular health.
Increased risk for disease.

Turkish Get Up...The Ultimate Full body Exercise!

This exercise is traditionally performed with a kettlebell, but can be done with a dumbbell, or just a fist! It is believed that ancient wrestlers used this exercise as a means to prepare for competition as a part of the strength training routine. The Turkish Get Up exercise requires you to transition from a lying position to standing position - all while holding one arm overhead while moving through various planes of motion. This exercise is great for overall mobility and stability of the core, shoulders & hips. This Turkish Get Up movement pattern allows for learning to move strong with controlled coordinated movements.

Follow Breanne on Facebook (or, email Breanne.Martiniuk@ahs.ca ...(she can email you the info posted) as she leads you through some preparatory exercises to progress to a Turkish Get Up.



Caitlin, our NAIT practicum student has been hard at work creating video content for you, our members, to assist and generate some new ideas for your workout sessions. You can check out this and future video content by joining the PG Facebook group.





PG Cookbook Vol. 3



Calling All PG Members for your
best recipes!

Here is how you can contribute to the
PG Cookbook Vol. 3

Each member can submit up to 3 recipes.

Please provide the following info:

- ⇒ References for recipes from other cookbooks, magazines or websites
- ⇒ Provide your name, which PG site you work at, and why you are submitting it.
- ⇒ Get your submission to us in a digital format by emailing it to kevin.vachon@ahs.ca
- ⇒ Please include any photos of your recipe

Submission deadline is

March 31st, 2020

A digital version of Vol 3 will be available to
all PG members, free of charge
beginning the month of May.

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MEMBER PROFILE

March
Jessica Little...PG-GNCH

I have been coming to the PG Gym since September of 2018. I initially joined the PG gym because running outside on the cold and icy sidewalks was not favorable. This actually worked out in my favor as last December I hurt my knee and started strength training to rehab the injury. I enjoy the accessibility of the gym and meeting, socializing and encouraging all the other GNCH members who come to the gym. I have made quite a few gym friends as a result of coming to the PG. I am currently training to keep running and to complete 3 Half Marathons in 2020. Being active and keeping fit has become a lifestyle for me and I love how I feels after running or doing a strength training session. I believe this is the best way to get those HAPPY endorphins! Working out also allows me to enjoy all the foods I love, particularly cheese and chocolate! I recommend to anyone if you are looking for a small change or something small to commit to, join the gym, you won't regret it!



Are you new to the Pulse Generator or thinking of joining? Register for a free orientation with the PG. This 20 min orientation will include a tour of the facility, types of equipment available, equipment bookings, class registration and other PG services. Register online!

**Calgary FITNESS
ORIENTATION**



www.pulsegenerator.ca

*Booking equipment
=
Good Workouts*



Don't miss your workout because you forgot to book your cardio equipment. Booking systems are in place at all locations.



BE A BUDDY!



**Don't keep us a secret
Ask for a Buddy Pass!**

Don't keep us a secret! Ask us for a buddy pass. Tell your co-workers how awesome onsite fitness is and let them try it out. Conditions apply. Ask us for more details.

Energy Exchange Project

The Pulse Generator Energy Exchange Project needs volunteers at the University location in Edmonton! In exchange for your Energy in helping us to keep the PG equipment clean, we will give you your PG membership for free.

Project Requirements:

1—2 cleanings /week (approx. 45 mins total), wiping down equipment with product provided, checking and noticing any concerns or problems and recording equipment cleanings in log provided.

Contact kevin.vachon@ahs.ca for more information. Volunteers will be accepted on a first come first serve basis.

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SPRING INTO FITNESS



April 6 - June 19

**Registration Opens March 5
Save \$5 March 5- 10 with Promo Code
SPRINGCAL2020**

www.pulsegenerator.ca

**Over 25 Classes in 11 Locations, From Bootcamp to Yoga,
we have something for you!**