

GOOD *for you*

Health and Wellness
for Magna Employees

A Tale of Two Runners



From a beginner runner to a seasoned triathlete, these two Magna Closures employees share their inspiring stories.

continue reading

Above: Michelle Shrives (left) and Sarah Lalonde (right)

Michelle Shrives,

Program Manager at Techform, a division of Magna Closures is training for her first full marathon.

Running has been life-changing for Michelle. “My story is pretty simple,” she says. “I’m a runner who only started three years ago and since then I’ve ran eight half-marathons and I’m currently training for my first full marathon, which will take place at the end of June 2015.”

She does make it sound simple, but this wife, mother, puppy-owner and full-time Program Manager at Techform, a division of Magna Closures, is committed to her sport. Her typical exercise week begins on Tuesdays when she’s up by 5:30 am and does a 7.8 km run around town. “It’s just me, my music and the sun rise. It sets my positive mood for the entire day.” Wednesdays she does hills, Thursdays she does a session with her ‘Love 2 Run’ group, Saturdays are for long runs – anywhere between 19 to 35 km – Sundays she walks, and Mondays and Fridays are for rest.

Before Michelle took up running, she’d been going to a kettlebell class twice weekly. “A lot of the group were active outside of the class and I found myself wanting to be more active.” She credits her fellow athletes and her family for keeping her going. “I love the positive people I’m able to surround myself with.”

In addition to her 5-day a week fitness routine, Michelle pays attention to her diet. She uses the app ‘My Fitness Pal’ to track her food intake and calories burned through exercise. On her run days, she’s makes a point of drinking plenty of water, and she eats breakfast every morning. “My lunch always consists of a salad with some protein (chicken, tuna, etc…), fruit, and some cut-up veggies that I prepare at the beginning of the week so it’s easy to grab.”

Michelle Shrives’ advice for beginners:

- If you can’t breathe, slow down. You’re not the road runner – speed will come.
- Make sure your hands are not fists. This creates tension in your shoulders. Pretend you have Pringles cans in your hands.
- Good shoes and socks are a must. Make the investment.
- Ladies: You need a good sports bra!
- Tie your shoelaces in double knots.
- Dress like it’s fifteen degrees warmer out than the actual temperature. When you start running, your body heats up. You might be cold to start but within minutes, you’ll be toasty.
- Keep your toenails short. Long nails will cause pain during and after your run.
- Sign yourself up for a race! That gives you a target to work towards.

And the advice she gives herself?
“My attitude is ‘scales are for fish’. I feel great so that’s what matters.”

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Sarah Lalonde,

Project Engineer with Magna Closures, is on a different kind of athletic journey. This seasoned, competitive athlete is an Ironman.

An Ironman Triathlon is a long-distance event consisting of a three components: 4 km swim, 180 km bike ride and a 42 km run (a marathon), raced in that order and without a break.

It’s considered one of the most difficult one-day sporting events in the world. Each component has a time limit and any participant who manages to complete the triathlon within the designated time (approx. 17 hours) becomes an Ironman.

Sarah works out twice per day; spinning, swimming, or running in the morning, and in the evening she runs, cycles, skis or spins, depending on the season. Weekends are for long rides and runs. “It’s a lifestyle so I don’t really think in terms of preparing,” she explains. “I’m just very active.”

Nutrition is very important to athletes of Sarah’s calibre. “I definitely eat healthy in general and go through periods during the season or close to race days where I’m paying particular attention to what I’m eating. Because I eat healthy, and based on my activity level, I spend more time trying to make sure that I’m getting enough calories to sustain me and so likely eat more carbs, healthy fats, and just food in general than expected.”

She does the majority of training solo but has a regular weekend running and riding group. “My father competes in triathlons and we still do a few races together every summer.”

The 34 year-old engineer did Ironman Lake Placid in 2011 and Ironman Mont Tremblant in 2013. “There are only 38 Ironman events globally each year,” Sarah explains. “I’ve registered for Ironman Florida in November. It will be my first time competing in the ocean. I also have a distant dream of qualifying for the World Championships in Kona, Hawaii.”

Sarah also enjoys squash, skiing, reading and she just completed her Masters of Engineering degree. How does she do it? What keeps her motivated?



“There’s no feeling like crossing the finish line, thousands of people in the crowd going crazy (including family) and the announcer yelling ‘Sarah Lalonde – YOU ARE AN IRONMAN!’”

A BEGINNER'S GUIDE TO

Running Your First 2 Miles



Whether your motivation is to lose weight, gain energy, improve your health, or all of the above, you have made a great decision in getting off the couch and into your running shoes.

The key to beginning a running program is to start off slow. This 8-week beginner's training program offered by Runner's World is a simple, progressive program that begins with more walking than running, and gradually evolves into more running than walking. It is designed to get you to the point where you can run 30 minutes (about 2 miles) at a slow, relaxed pace.

Source: 2004 Issue of Runner's World

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	🚶 1 min. 🚶 2 min. ⌚ 10x	🚶 30 min. <i>easy</i>	🚶 1 min. 🚶 2 min. ⌚ 10x	🚶 30 min. <i>easy</i>	🚶 1 min. 🚶 2 min. ⌚ 10x	🚶 1 min. 🚶 2 min. ⌚ 10x	REST
Week 2	🚶 1 min. 🚶 2 min. ⌚ 10x	🚶 30 min. <i>easy</i>	🚶 3 min. 🚶 1 min. ⌚ 7x 🚶 2 min.	🚶 30 min. <i>easy</i>	🚶 4 min. 🚶 1 min. ⌚ 6x	🚶 4 min. 🚶 1 min. ⌚ 6x	REST
Week 3	🚶 5 min. 🚶 1 min. ⌚ 5x	🚶 30 min. <i>easy</i>	🚶 5 min. 🚶 1 min. ⌚ 5x	🚶 30 min. <i>easy</i>	🚶 6 min. 🚶 1 min. ⌚ 4x 🚶 2 min.	🚶 6 min. 🚶 1 min. ⌚ 4x 🚶 2 min.	REST
Week 4	🚶 8 min. 🚶 1 min. ⌚ 3x 🚶 3 min.	🚶 30 min. <i>easy</i>	🚶 9 min. 🚶 1 min. ⌚ 3x	🚶 30 min. <i>easy</i>	🚶 10 min. 🚶 1 min. ⌚ 2x 🚶 8 min.	🚶 11 min. 🚶 1 min. ⌚ 2x 🚶 6 min.	REST
Week 5	🚶 12 min. 🚶 1 min. ⌚ 2x 🚶 4 min.	🚶 30 min. <i>easy</i>	🚶 13 min. 🚶 1 min. ⌚ 2x 🚶 2 min.	🚶 30 min. <i>easy</i>	🚶 14 min. 🚶 1 min. ⌚ 2x	🚶 15 min. 🚶 1 min. 🚶 14 min.	REST
Week 6	🚶 16 min. 🚶 1 min. 🚶 13 min.	🚶 30 min. <i>easy</i>	🚶 17 min. 🚶 1 min. 🚶 12 min.	🚶 30 min. <i>easy</i>	🚶 18 min. 🚶 1 min. 🚶 11 min.	🚶 19 min. 🚶 1 min. 🚶 10 min.	REST
Week 7	🚶 20 min. 🚶 1 min. 🚶 9 min.	🚶 20 min. 🚶 1 min. 🚶 9 min.	🚶 22 min. 🚶 1 min. 🚶 7 min.	🚶 30 min. <i>easy</i>	🚶 24 min. 🚶 1 min. 🚶 5 min.	🚶 26 min. 🚶 1 min. 🚶 3 min.	REST
Week 8	🚶 27 min. 🚶 1 min. 🚶 2 min.	🚶 20 min. 🚶 1 min. 🚶 9 min.	🚶 28 min. 🚶 1 min. 🚶 1 min.	🚶 30 min. <i>easy</i>	🚶 29 min. 🚶 1 min.	🚶 30 min.	REST

We all know how important it is to warm up before working out, but what about after? What you do immediately after exercise has a direct effect on muscle soreness, muscle strength and growth, and staying hydrated.

- 1. Walk!** Do light cardio for a few minutes to allow your heart rate to come down at a slow, steady pace. Stopping abruptly can make you feel sick. Walking for 3–5 minutes should do the trick.
- 2. Stretch!** Gentle stretches help your muscles relax and helps circulation to your joints and tissues which will reduce muscle stiffness and soreness.
- 3. Drink!** It's important to replenish your fluid levels, so drink 2–3 cups of water within two hours after your run.
- 4. Refuel!** You need to repair muscles and boost your energy level. It's recommended that you eat within 1 hour of your workout – but the sooner, the better. Choose foods packed with complex carbohydrates and high in protein (3 g carbs: 1 g protein), like a tuna and avocado sandwich on whole wheat, fruit and protein smoothie, salad with chicken, quinoa salad, carrots and hummus or Greek yogurt with fruit.

ARE YOU STRESSED?



Take the quiz!

Start by checking off all the items that apply to you.

1



I find myself less eager to go back to work or to resume my chores after a weekend.

2



I feel less and less patient and/or sympathetic listening to other people's problems.

3



I ask more "closed-ended" questions to discourage dialogue with friends and co-workers than "open-ended" ones to encourage it.

4



I know what will make me feel better, but I just can't push myself to do it and I'll "Yes, but" any suggestions that people make.

5



I try to get away from people as soon as I can.

6



I don't seem to have much fun anymore.

7



My dedication to work, exercise, diet, and friendships is waning.

8



I am falling further behind in many of the responsibilities in my life.

9



I am losing my sense of humor.

10



I find it more and more difficult to see people socially.

11



I feel tired most of the time.

12



I feel trapped.

Add up the number of items you checked off, and check your score below.

0-3

More exhausted than stressed

7-9

Possibly stressed

4-6

Beginning to stress

10-12

Probably stressed

Source: www.psychologytoday.com/blog/just-listen/201010/are-you-stressed-out-take-the-quiz

HELP YOUR HEARTBURN *the natural way*

Heartburn is an uncomfortable feeling of burning or warmth in the chest caused by stomach acid coming back up into the esophagus (or food pipe). It is relatively common, affecting about 1 in 3 adults. You are more likely to have heartburn if you're pregnant, overweight, or a smoker. It is also more common after a large meal or if you are taking certain medications, such as aspirin, certain antibiotics, and some antidepressants or sedatives.

heartburn RELIEF



Drink a 250 mL glass of water.

It will help wash the acid back down into your stomach.



Eat raw vegetables.

The juices will help neutralize the stomach acid.



Stay upright.

Gravity will help pull the acid down into your stomach. Avoid bending over and lying down.



Mix ½ teaspoon baking soda with a few drops of lemon juice in warm water.

The baking soda will neutralize the stomach acid. **Do not** drink the baking soda by itself! You need the lemon juice to reduce the gas the baking soda will create in the stomach.



Sleep on your left side.

The stomach will hang at an angle that gathers fluid away from the esophagus.

heartburn SOLUTIONS



Eat smaller, more frequent meals throughout the day

to minimize the production of stomach acid.



Quit smoking.

Smoking relaxes the lower esophageal sphincter, the junction between the stomach and the esophagus.



Stress can contribute to heartburn.

Your body is not in a good state to digest when you are stressed. Take 5 minutes to practice deep breathing to minimize stress and relax your diaphragm. Practice mindful eating – taste, chew, and appreciate your food. This will help it to be digested properly.



Identify food triggers and sensitivities.

There are several basic food triggers including: fried foods, alcohol, caffeine, soda, spicy food, tomato and citrus. It has also been found that food sensitivities including dairy and gluten have a strong link to heart burn.

Information found at www.besthealthmag.ca/get-healthy/home-remedies/natural-home-remedies-heartburn and magnahealthblog.wordpress.com/category/lifestyle/

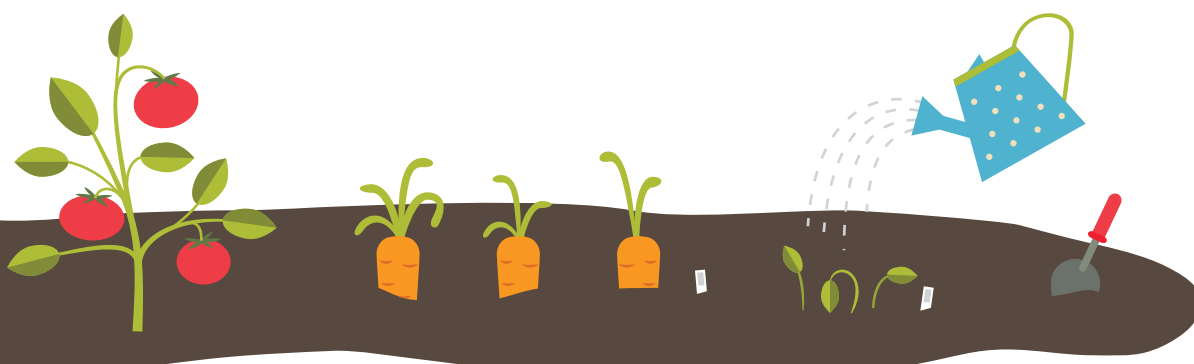


Did you KNOW?

Anything less than 5 minutes to fall asleep at night means you are sleep-deprived.

The ideal is between 10–15 minutes, meaning you are still tired enough to sleep deeply, but not so exhausted that you feel drowsy during the day.

Kerri's GARDENING TIPS



“I grow a veggie garden each year,” says Kerri Raposo, SR&ED/Funding and EHS Administrator at Magna Exteriors and Interiors. “It’s good for the kids, reduces food costs, and it allows us to eat organic.”

Kerri orders heritage seeds from saltspringseeds.com and begins her planting indoors. “I start my plants in little paper cups with a slit on the bottom and put them in a tray for easier watering.” Once the weather agrees, she transplants them to her outdoor garden.

Kerri grows herbs, like chives, parsley, sage, basil and thyme, in a container-garden on her small balcony.

As for her backyard garden, she chooses hardy, easy-to-grow vegetables; lettuce, broccoli, cabbage,

carrots, onions, peas, and tomatoes, just to name a few. “I have tried others, but these have been the most successful for the least amount of work,” she explains. “Not that I’m lazy, but I don’t have a green thumb or a lot of time.”

“If you grow enough, you can always prep and freeze it for use during winter in stews, soups, chili, pasta sauce, or host a family barbeque at the end of the summer to share the harvest.”

VISIT THE FOLLOWING WEBSITES FOR BEGINNER-GARDENING TIPS:

bhg.com/gardening/vegetable/vegetables/planning-your-first-vegetable-garden/

gardeners.com/how-to/vegetable-gardening/5069.html

gardeningknowhow.com/edible/vegetables/vgen/vegetable-gardening-for-beginners.htm

BROCCOLI & BOK CHOY stir fry



A wonderful vegetable stir-fry that is topped with sesame seeds to give it a nice crunch and plenty of flavors.

INGREDIENTS

- ½ cup** seasoned rice wine vinegar
- 2 tablespoons** low-sodium soy sauce
- 1 teaspoon** No-Salt seasoning blend, or spice mixture like Mrs. Dash
- 2 tablespoons** chopped green onions
- 1 tablespoon** peeled, minced ginger root
- 1 garlic clove**, minced
- 2 teaspoons** sesame oil
- 2 ½ cups** broccoli, cut into florets
- 2 ½ cups** bok choy, chopped
- 1 cup** snow peas or sugar snap peas
- 2 tablespoons** sesame seeds, toasted (optional)

DIRECTIONS

- 1.** In a small bowl, stir together the vinegar, soy sauce, seasoning blend, green onions, ginger root and garlic. Set the mixture aside.
- 2.** In a large skillet, heat the oil over medium heat. Add the broccoli and peas, stir-fry for 4 minutes. Add the vinegar mixture and bok choy. Stir-fry for 3–5 minutes or until the vegetables are crisp-tender.
- 3.** Sprinkle the stir fry with sesame seeds and serve.

PREP TIME 10 minutes
COOK TIME 8 minutes
MAKES 4 servings

NUTRITIONAL ANALYSIS

Per serving:

105 calories

44 calories from fat

4.9 g of total fat

0.7 g of saturated fat

0 mg of cholesterol

457 mg of sodium

11.7 g of carbohydrates

3.7 g of dietary fiber

5.2 g of sugar

5 g of protein

55% of Vitamin A

148% of Vitamin C

14% of calcium

13% of iron

Percentages based on a 2000 calorie per day diet

Recipe courtesy of Cooking Nook. Read more at: cookingnook.com/bok-choy-recipes.html

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

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