

# GOOD *for you*

Health and Wellness  
for Magna Employees

## Meet Juan Nicolli & Pablo Alesso



Juan Nicolli and Pablo Alesso, employees at Magna Seating Argentina, took Magna to the top. Literally.

continue  
reading

Last January, the two men joined a group of twenty climbers who scaled to the summit of Aconcagua Mountain, part of the Andes Mountain Range. At an altitude of 6,960 meters above sea level, it's referred to as the Roof of the Americas.

It's the highest mountain outside of the Himalayas (for comparison, Everest reaches 8,848 meters) and the tallest mountain in the western and southern hemispheres.

The group climbed to raise awareness for blood donations. They planted a banner reading "Doná Sangre, Doná Vida" (Donate Blood, Donate Life) but it wasn't the only flag carried up the mountain. Juan and Pablo took the Magna International flag and proudly posed with the bold black 'M' at the summit.

*"It was a personal quest, as well as to raise awareness for blood donations."*

Pablo, MPS Leader, and Juan, Production Manager, both from the Córdoba plant, began climbing in 2011. "When we took up this activity, we didn't believe it could be possible. But when we reached the different mountain tops, our motivation grew." Hard training, family support, their work team, and ambition drove them to top.

The challenge took twelve days total; ten days to ascend, and two days to come down. There were five intermediate camps along the way and the team was exposed to grueling conditions with the temperature dipping to minus twenty-five centigrade. "At the top we hugged and cried because we couldn't help but express how happy we were."

"Never give up on your dreams," advise the mountain climbers. "Everything is possible when you have a clear objective and good team!"

"We are very proud of our people," says Nicolás Rodríguez Dip, Gerente de Recursos Humanos, speaking on behalf of all the employees at the Córdoba plant. "This experience has been unforgettable, an achievement that will last a lifetime, an example of physical and mental effort, attitude and hard work."

### Juan Nicolli & Pablo Alesso

Magna Seating Argentina

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*"Never give up on your dreams," advise the mountain climbers. "Everything is possible when you have a clear objective and good team!"*

## DID YOU KNOW?

Helping others kindles optimism and joy. Studies have shown that the more people volunteer, the happier they are. Volunteering is a confidence builder and mood booster!

*"Volunteers are just ordinary people with extraordinary hearts. They offer the gift of their time to teach, to listen, to help, to inspire, to build, to grow, to learn. They expect no pay, yet the value of their work knows no limit. They've known the unexpected joy of a simple hug. They've planted tiny seeds of love in countless lives. Volunteers are just ordinary people who reach out and take a hand, and together make a difference that lasts a lifetime."*

– KIMBERLY RINEHART





# REDISCOVER THE *joy* OF THE HOLIDAY SEASON!

It can be really easy to get carried away and forget about the real purpose of the holiday season. Fun, family-filled celebrations are a great way to wrap-up the year, however, that fast-paced energy and excitement can often leave individuals to feeling overworked, overwhelmed, and overindulged. Rather than letting yourself be sucked into the vortex of holiday hype, approach the season as an opportunity to practice mindfulness. Bring awareness to your actions and start living in the present moment. The following ten tips and challenges will help you bring awareness to your actions and start living in the moment:

**1** **MOVE** Find a way to be active.  
**CHALLENGE:** No time for the gym? Do a quick 15 minute workout from home.



## HYDRATE

Helps keep your mind active and sharp.

### CHALLENGE:

Alternate holiday cocktails with water.

**3**

## EAT WITH PURPOSE

Eat smaller portions and allow yourself to experience each taste.

**CHALLENGE:** Practice mindful eating while at a dinner party.

**4**

## TAKE TIME

Take breaks and give yourself time to relax and unplug.

**CHALLENGE:** Spend five minutes every day being silent and still.

**5**



## SHOP MINDFULLY

Be deliberate about who you're shopping for.

**CHALLENGE:** If you plan on gift buying, consider each person and think about the item or gesture that would honor that connection.

**6**

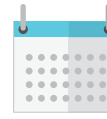


## SLEEP

A good night's rest is essential for health and well-being.

**CHALLENGE:** Get 7–9 hours of sleep each night so you can cope with any added stress.

**7**



## TASK MANAGEMENT

Space things out and do one task at a time. Leave room in your schedule to allow for unexpected delays or spontaneity.

### CHALLENGE:

Choose one task per day to focus on. Take your time and do it well.

**8**

## ENJOY

Observe your surroundings. Pay attention to the very essence of the holiday season.

**CHALLENGE:** Take an evening walk and appreciate the natural joys that come during holiday season.

**9**

## CULTIVATE GRATITUDE

Shift your perspective and focus on that for which you are grateful.

**CHALLENGE:** The holiday season can be undeniably difficult for some. Take a moment to consider all of things for which you are grateful.

**10**



## SHARE KINDNESS, LOVE, AND SMILE!

Remember what the season is really all about.

**CHALLENGE:** Participate in at least one non-random and one random act-of-kindness during the season.

We can't always control stressful situations in our lives, but we can manage how we chose to cope. Allow yourself the opportunity to find peace in the madness. Pick at least three of the challenges and see what a difference it makes.

Sources: [www.rd.com/slideshows/10-steps-to-mindfulness](http://www.rd.com/slideshows/10-steps-to-mindfulness), [www.mindbodygreen.com/0-16679/20-mindful-habits-to-practice-for-a-happier-holiday.html](http://www.mindbodygreen.com/0-16679/20-mindful-habits-to-practice-for-a-happier-holiday.html)

# grat·i·tude

noun

The quality of being thankful; readiness to show appreciation for and to return kindness



Dr. Martin Seligman, psychologist, educator, and author of Authentic Happiness, believes that individuals can attain happiness by focusing on their strengths rather than their weaknesses. Gratitude, which is considered a strength because it can ultimately enhance an individual's personal and relational well-being, and overall happiness, is a major component in the study of positive psychology.

Research suggests that practicing gratitude can have the following benefits:

- Increases overall happiness
- Protects from stress and negativity
- Improves social intelligence for better relationships
- Helps you sleep better
- Heightens the chances of achieving goals
- Improves immunity
- Generates pro-social behavior
- Spreads gratitude

## Six simple ways to bring gratitude into your life

### 1 Gratitude Journal

Make a note of things you are grateful for on a daily or weekly basis. Ask yourself: What am I truly grateful for? What do I take for granted? What unique advantages have I been given in life? Who am I thankful for? What have I learned from experience? Why am I lucky to live in the place that I live?

### 2 Gratitude Letter

Write a letter expressing thanks to an individual, group, or yourself. No time? Mentally think about someone who you are grateful for and think about what you would say to them if you could.

### 3 Meditate

Mindfulness meditation helps you focus on the present moment. This process can help you savor the good in life and take in positive emotions and experiences that happen all around you, like the warmth of the sunshine or a pleasant sound.

### 4 Focus on Intentions

When something positive happens, think about how that goodness was brought into your life.

### 5 Three Good Things

Make a mental note of three good things that happen to you during the day.

### 6 Help Others

Lending a hand can help you stay connected to something larger than yourself.

Sources: [www.health.harvard.edu](http://www.health.harvard.edu), [www.authentic-happiness.com](http://www.authentic-happiness.com)

## 15 minute WINTER WARRIOR WORKOUT



One of many ways to help you stay present during the holiday season is to be active. It is understandable that you may not have the time to go to the gym or squeeze in an hour-long workout. You are in luck... turns out that short workout bursts can be just as effective as hours at the gym. Here is a 15-Minute Winter Warrior workout that you can do right in your home. It incorporates bodyweight exercises therefore no equipment is needed; just find yourself some space to get started.

### WARM-UP

1 min  
Run on the spot

1 min  
Arm circles  
(30 seconds clockwise, 30 seconds counter clockwise)

1 min  
Jumping jacks

### LET'S GET TO IT

1 min  
Wall sit (knees at 90°)

1 min  
Push-up with rotation:  
start in plank position, do a push-up, then shift your weight to one side, rotate your body and raise your arm, reaching into the air. Return to a controlled plank, then repeat on the other side. Continue, alternating rotation sides for one minute.



# DEEP BREATHING for relaxation

Deep breathing has a natural calming effect on the nervous system and can be extremely effective for relaxation, detoxification, and the facilitation of weight loss. Studies indicate that it can even assist with stress-related disorders, anxiety, depression, and chronic pain.

## BENEFITS OF DEEP BREATHING



### Relaxation

Deep breathing is the fastest way to trigger your body's relaxation system. It shuts down your stress hormones which, when overworked, may be related to depression, muscle tension and pain, insulin sensitivity, gastro-intestinal issues, insomnia, and fatigue.



### Facilitates Weight Loss

Deep breathing delivers many of the benefits of exercise. It improves the cardiovascular and respiratory systems and helps to facilitate weight loss. Interestingly, when you are stressed, your body tends to burn glycogen, a stored form of energy, rather than fat. Deep breathing encourages your body to burn fat instead. In addition, triggering the relaxation response will result in less stress, depression and anxiety which can trigger emotional eating.



### Detoxification

Your diaphragm is the large dome-shaped muscle at the base of your lungs. By deep breathing, you are expanding and contracting your diaphragm. This action massages your internal organs and stimulates your lymphatic system to rid itself of toxins.

## WHAT KIND OF BREATHER ARE YOU?

Try this test:



Place one hand on your chest and one hand on your stomach.

Take a normal breath while looking down.

If the hand on your chest rises first, you tend to breathe in your chest.

If the hand on your stomach rises first, you are more of a belly breather. Shallow chest breathing causes a constriction of the chest and lung tissue over time, decreasing oxygen flow and delivery to your tissues.

## BREATHING TECHNIQUE

This breathing exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere.

Although you can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- 1 Exhale completely through your mouth, making a whoosh sound.
- 2 Close your mouth and inhale quietly through your nose to a mental count of four.
- 3 Hold your breath for a count of seven.
- 4 Exhale completely through your mouth, making a whoosh sound to a count of eight.
- 5 This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

The ratio of  
**4 : 7 : 8**  
IN HOLD OUT  
is important.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

Source: [magnahealthblog.wordpress.com/2011/07/13/deep-breathing-for-relaxation](http://magnahealthblog.wordpress.com/2011/07/13/deep-breathing-for-relaxation), [www.drweil.com/drw/u/ART00521/three-breathing-exercises.html](http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html)

## COOL-DOWN/STRETCH

**1 min**  
**Side-plank with hip dips:**  
Lie on your side with legs stretched out and place your elbow on the floor directly underneath your shoulder. From plank position, dip your hips down toward the floor and lift them higher than neutral plank position. Four dips on each side, alternating from side-to-side for one minute.



**1 min**  
**Walk on the spot**

**1 min**  
**Alternating bird dog**  
From hands and knees position, simultaneously lift one arm and the opposite leg straight out. Hold for 30 seconds, then switch.



**1 min**  
**Child's pose**  
Start in a kneeling position. Drop your butt toward your heels and stretch the rest of your body down and forward, forehead to the floor.



Repeat these activities three times



## Turkey & Squash SOUP



This hearty and healthy winter soup is perfect for the day after a big meal and a delicious solution for your turkey leftovers. It's packed with Vitamin A (260% daily value), Vitamin C (120% dv), Folate (21% dv) and Iron (20% dv).

### INGREDIENTS

**2 tbsp oil** (best choice: coconut or avocado oil)  
**2 leeks**, trimmed, chopped  
**1 red bell pepper**, chopped  
**3 cloves** garlic, minced  
**4 cups turkey broth**  
 (or low-sodium chicken broth)  
**1 butternut squash** (small to medium) peeled, seeded and cut into 1 inch cubes  
**2 tbsp fresh thyme**, minced  
 (or 2 tsp dried thyme)

**1 ½ tsp** ground cumin  
**3 cups of leftover (cooked) turkey**, cut into chunks or thin strips  
**2 cups frozen corn kernels** (non-GMO organic is best)  
**2 tbsp lime juice**  
**½ tsp crushed red pepper flakes**  
**¼ tsp salt**  
**Freshly ground pepper**, to taste

### PREPARATION

1. Heat oil in a Dutch oven (or thick bottomed soup pot) over medium-high heat.
2. Add leeks and bell pepper; cook, stirring often, until the vegetables begin to soften, 3–4 minutes.
3. Add garlic and cook, stirring, for 1 minute more.
4. Stir in broth, squash, thyme and cumin; cover and bring to a boil.
5. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes.
6. Add turkey and corn; return to a simmer and cook 3–4 minutes.
7. Add lime juice, red pepper flakes and season with salt and pepper.

PREP TIME **35 minutes**

TOTAL TIME **45 minutes**

YIELD **6 1½ cup servings**

### NUTRITION (per serving):

**230** calories

**3 g** fat

**30 mg** cholesterol

**31 g** carbohydrates

**0 g** added sugars

**24 g** protein

**6 g** fiber

**550 mg** sodium

**692 mg** potassium

## Moisturizing Winter Scrubs

Feeling the effects of winter on your skin? Anyone living far away from the equator can relate to the damaging effects the cold weather can have on your skin. Cold dry air absorbs the moisture while interior heating can leave us dry, scaly and flaky. Here are two do-it-yourself body scrubs, using ingredients you probably have in your pantry.

Sources: inhabitat.com

### SUGAR SCRUB



½ cup coconut oil



½ cup brown sugar (Muscovado is gentler on your skin, but turbinado or demerara are better exfoliators)



½ tsp vanilla extract

This sugar scrub will exfoliate and moisturize. Mix all the ingredients together. Dampen your skin in the shower and rub the scrub all over your skin in firm, circular motions, then rinse clean. Store any unused body scrub in the refrigerator for next time.

### NOURISHING SCRUB



1 ripe avocado, peeled and mashed



½ cup ground almonds



¾–1 cup ground oatmeal

Exfoliate and nourish your skin with this avocado-based scrub. Mix all the ingredients together and massage the buttery paste all over your skin from the top down. Rinse thoroughly.

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

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