

WELLNESS WORKS



“ The objective of cleaning is not just to clean, but to feel happiness living within that environment. ” —Marie Kondo

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Why Clean?

Have you ever wondered what gardens, meditation, a beach, an artist's studio, a wide open view, or even a tidy room have in common? They generally give a feeling of wide open space, where you can exhale and feel possibilities. On the other hand, tight, cramped spaces tend to make us feel confined. Physical cues show we are impacted by our environment.

Messy versus Dirty

It is important to recognize a difference between a “messy” and “dirty” space. Typically a messy space is cluttered and disorganized, without clear surfaces, but it is not necessarily dirty. Dirty describes an object or place where there is something unpleasant, like dirt or grime and may serve as a breeding ground for bacteria, allergens, and more.

We'd probably agree that a dirty is the opposite of clean. That's a good starting point. Think about it though: have you ever seen a messy area that was truly clean? Probably not. Does messy run the risk of becoming dirty? Probably so.

Obvious Health Benefits

There are some obvious benefits of working and living in a clean environment. Some examples include:

Risk of falls—imagine tripping over the clutter

Allergy / asthma attacks—generally due to lower levels of dust, mold, mites, pet dander

Pests— bugs and rodents are hungry creatures who

will thrive on your crumbs, but they can spread disease

Foodborne illness— cross contamination of kitchen surfaces not properly sanitized and mishandling of food (e.g., non refrigerated) allow bacteria and more to spread

Not-So-Obvious Benefits

Recent studies have shown cleaning and clean environments have more far reaching and unexpected benefits. Examples you may not be aware of include:

Reducing Stress— a clean, uncluttered home allows you to rest, and when you can quickly find things because your area is organized, this too saves you time and stress

Healthier Eating— people tend to choose healthier foods when in a clean and organized kitchen compared to a messy one

Better Sleep— a clean bedroom helps your mind relax instead of building a “to-do” list, plus people who make their bed in the morning are more likely to report a good night's sleep

Improved Fitness— not only do cleaning chores help you stay active, studies have shown that people who clean their home stay more fit in general



Good, Clean Fitness

Incorporate cleaning activities as part of your fitness routine. The December 2016 issue of *Good Housekeeping*, provides estimations of calories burned for common tasks.

- Scrub the tub—15 min = 100 cal
- Vacuum—30 min = 90 cal
- Making beds — 15 min = 65 cal
- Mowing lawn (push mower) — 60 min = 325 cal
- Gardening — 30 min — 213 cal

Be sure to check with your doctor before starting any increased activity or exercise program.

This Month's Challenge

Search YouTube for videos from Marie Kondo, who will provide clear tips on how to tidy.



<https://www.youtube.com/watch?v=TXzcmr2WcDA>

Resolve to Clean One Area...

Choose one area at home and work that needs some attention and commit to declutter, organize, and clean it this month.

This month, I will tidy

Area at home: _____

Area at work: _____

“Clean” & “Dirty” Fruits & Vegetables

Fruits and Vegetables are classified as either “clean” or “dirty” based on how much pesticide residue is found on the edible portions. Organic produce will not have such pesticide residues, so they are a “clean” choice, but if you are watching your budget, make it a priority to choose organic for the items that are consistently found to have high pesticide residue.

One important point to highlight: although the list below indicates there are fruits and vegetables that are considered “dirty” from pesticide residues when grown with conventional methods, these are **still considered safe** and the benefits of eating these fruits and vegetables still outweighs the risk of not having fruits and vegetables in your diet.

To read more: search “Center for Science in the Public Interest” or start with this link: <https://cspinet.org/tip/going-organic-whats-payoff> for questions and answers about considering organic foods.

Clean

Even when conventionally grown, these items generally have less pesticide residue.

- ◆ Avocados
- ◆ Sweet corn
- ◆ Pineapples
- ◆ Frozen sweet peas
- ◆ Onions
- ◆ Papayas
- ◆ Eggplant
- ◆ Asparagus
- ◆ Kiwis
- ◆ Cabbages
- ◆ Cauliflower
- ◆ Cantaloupes
- ◆ Broccoli
- ◆ Mushrooms
- ◆ Honeydew melons

Dirty

These often have more pesticide residue compared to other conventionally grown produce, so consider organic.

- ◆ Strawberries
- ◆ Spinach
- ◆ Kale
- ◆ Nectarines
- ◆ Apples
- ◆ Grapes
- ◆ Peaches
- ◆ Cherries
- ◆ Pears
- ◆ Tomatoes
- ◆ Celery
- ◆ Potatoes



Fried (Cauliflower) Rice

This is a healthy, delicious, easy, low-carb 10-minute dish.

Ingredients

- 2—10 oz bags thawed, frozen riced cauliflower
- 2 T canola oil, divided
- 2 large eggs, beaten
- 1 onion, diced
- 2 cloves garlic, minced
- 2 c frozen mixed vegetables
- 1 c broccoli, chopped
- 2 T reduced sodium soy sauce
- 1 T sesame oil
- 1/2 t black pepper
- 1 T sesame seeds
- 2 green onions, sliced

Directions

1. Heat 1 T canola oil in a large skillet over low heat. Add eggs and cook about 3 min on each side so it resembles a pancake. Remove from heat, cool, and slice into thin strips.
2. Add the next 1 T canola oil to the skillet over med-high heat. Add garlic and onion, stirring and cooking about 4 min until translucent. Stir in frozen vegetables and broccoli, cooking another 4 min or until tender.
3. Stir in remaining ingredients and cook until fully heated, about 3 more minutes.