

# GOOD *for you*

Health and Wellness  
for Magna Employees

## Adrian Sumarjadi

A Champion in our Midst



Adrian Sumarjadi, Powertrain’s Lean Manufacturing Manager—North America, picked up a tennis racket at the age of seven.

continue reading

Soon after, the Jakarta, Indonesia native was competing in junior tennis tournaments. His love of the sport came from his father, a tennis player himself, but Adrian also found role models in Pete Sampras and Roger Federer.

Earlier in his career, while working at Magna’s Precision Technologies, Adrian managed to get a few of his coworkers onto the court with him. His advice for anyone interested in picking up a racket:

*“Practice makes perfect. Like any sport or new endeavor, it takes some time to develop the skills needed to be competitive. In the meantime, get out there and have fun.”*



Above: Adrian with Milos Raonic (Canadian #1 Pro Tennis Player and Top 10 in the World)

Tennis can be played at nearly any age and any skill level, and the benefits go beyond the court. Running, swinging, reaching, and pivoting all add up to a full-body workout that helps with muscle conditioning, flexibility and range of motion. The synchronization of legs, arms, and torso helps to improve coordination and balance. Depending on the intensity level, tennis offers an aerobic workout beneficial to cardiovascular health. The average-sized person can burn between 420 and 600 calories from one hour of singles tennis. Adrian keeps “court fit” by running a couple of times a week to maintain the physical condition needed to compete.

*“I’m up for a tennis match from anyone in the Magna family!”*

In order to keep his competitive-best, Adrian eats regular, balanced meals of meat or seafood, vegetables, and carbohydrates. While he doesn’t follow a prescribed diet before matches, he increases his carb intake slightly, and is careful to avoid alcohol. Fueled by his competitive nature, Adrian climbed to the number one spot on the Canada National Ranking in Level 3.0 this past September. One of his goals is to crack the top 10 in Canada in Level 5.0, the highest level before attaining professional status. With this year’s 22 win to 4 loss record, it won’t be long!

### Adrian Sumarjadi

Magna Powertrain

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## STRENGTH TRAINING *for older adults*



Adults generally lose muscle strength as they age, making it more likely for them to have difficulty completing daily activities, such as standing from a chair, climbing stairs, bathing or preparing a meal.

Progressive resistance training is a type of exercise where people train their muscles against some type of resistance that is progressively increased as their strength improves. This type of exercise is usually conducted 2–3 times per week with exercise machines, free weights or resistance bands.

Evidence from 121 studies, involving 6,700 participants, reveals that older adults who exercise their muscles against resistance become stronger and improve their performance in a number of simple daily activities. Progressive resistance training was also shown to reduce pain in individuals with osteoarthritis.

Check out the resistance band training video on our Magna Wellness website, [magnawellness.ca](http://magnawellness.ca). This twenty-minute routine can be done from the comfort of your own home.

Source: [onlinelibrary.wiley.com.ezproxy.cmcc.ca/doi/10.1002/14651858.CD002759.pub2/abstract](http://onlinelibrary.wiley.com.ezproxy.cmcc.ca/doi/10.1002/14651858.CD002759.pub2/abstract)



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# MEET YOUR immune system

Every day we are exposed to a number of different germs; whether picking up the phone, opening the door, or accidentally eating bad food. In most cases, our immune system jumps into action to keep us healthy without us even knowing it. That being said, in some circumstances our immune system can't keep up and we end up sick with an infection or illness.

## WHAT IS THE IMMUNE SYSTEM?

The immune system is made up of a network of cells, tissues, and organs that help defend our bodies from germs and disease.

Specialized cells, called white blood cells (or leukocytes), are responsible for finding and destroying whatever germs have invaded the body. These white blood cells are made and stored in immune organs throughout the body. Immune organs and tissues include the thymus, spleen, bone marrow, and lymph nodes. White blood cells are constantly flowing between these organs and monitoring the body for any invading germs to ensure we stay as healthy as possible.

## HOW DOES THE IMMUNE SYSTEM HANDLE GERMS?

When a bacteria or virus enters our body, an "immune response" occurs which puts our immune system into action.

When this system is working properly, specialized white blood cells find the germs and destroy them before they can cause illness or disease in our bodies.

Occasionally, when our immune system can't keep up, we end up with sniffles, a cough, and sometimes even a fever. These are all symptoms of our immune system continuing to fight off the bacteria or virus that has entered our body.

Additionally, antibodies are made against the foreign invader, so that if you encounter the same germ again, you can respond quickly before you notice any symptoms of infection or illness.

Source: [kidshealth.org/en/teens/immune.html?WT.ac=ctg#](http://kidshealth.org/en/teens/immune.html?WT.ac=ctg#), [health.harvard.edu/staying-healthy/how-to-boost-your-immune-system](http://health.harvard.edu/staying-healthy/how-to-boost-your-immune-system)

# STAY HEALTHY THIS WINTER BY BOOSTING YOUR immune system

## REDUCE STRESS

Chronic stress can weaken your immune system. Daily meditation can help by calming your mind. Practice mindful breathing techniques or yoga. Relax more, laugh often and enjoy life. If you need some tips on meditation, visit the Magna Wellness website,

[magnawellness.ca](http://magnawellness.ca), and use the search feature to locate the articles entitled "Deep Breathing for Relaxation" and "Combat Stress with Meditation."



## DRINK WATER

There's a reason that doctors tell their cold and flu patients to drink plenty of fluids. Staying well hydrated allows your mucous membranes to defend against cold viruses and helps the production of lymph.



## EXERCISE

Being active for 30-60 minutes a day boosts blood flow so that virus-fighting cells circulate throughout the body. No time to hit the gym? Take a walk on your lunch break or after dinner to get everything circulating.



## FOOD CHOICES

From old wives tales to hard science, foods have been associated with immune strength for centuries. In the previous issue of *Good for You*, we talked about good gut health and how what you eat forms the foundation of your health. If you need a refresher, the Volume 4, Edition 3 newsletter is still available on our Magna Wellness website.

- Cook with onions and garlic and add herbs and spices like ginger, cayenne, allspice, curry, oregano, thyme, and turmeric to take advantage of their immune-boosting factors.
- Cut back on sweets, including refined sugars and artificial sweeteners, which depress the immune system for several hours after consumption.
- Certain mushrooms, like shiitake, reishi and maitake encourage immune cells to multiply.
- Eat plenty of fresh fruits and vegetables. They contain polyphenols, which have antiviral properties, and vitamins A, C, D, and E and minerals selenium, zinc and Omega 3s to support your immune system. Vitamin C, found in berries, citrus, kiwi, bell peppers and dark green vegetables, isn't the magic bullet for stopping a cold dead in its tracks, but it can help shorten the duration and reduce the symptoms by a small degree.



## SLEEP

Seven to eight hours of restful sleep every night helps rejuvenate your body, giving it the strength it needs to stay strong and fight viruses. If sleep evades you, check out the article entitled "Healthy Habits: All About Sleep" on the Wellness website.



## WASH YOUR HANDS

The simplest and best defense against cold and flu viruses is washing (and drying!) your hands thoroughly and often, especially after being in the presence of anyone who's showing symptoms. Adults touch their faces about 15 times every hour. Rubbing tired eyes, wiping or touching the nose carries those viruses to the very areas they want to go. Flu viruses can live up to eight hours on surfaces, so be vigilant around germ hot spots like vending machine and elevator buttons, public bathroom faucets, break-room microwaves and shared refrigerators.



# BLUE ZONES:

## What makes us live longer, happier and healthier?

National Geographic fellow and bestselling author Dan Buettner says there are two choices we can make when it comes to aging: “We live a shorter life with more years of disability *or* we can live the longest life possible with the fewest bad years. As my centenarian friends showed me, that choice is largely up to us.”

Source: bluezones.com

Dan and a team of researchers conducted multiple expeditions in search of the secrets of living longer. Their results uncovered areas of the world called “Blue Zones” where best practices of longevity and wellbeing are incorporated into the people’s lives at the community level. They identified five pockets around the globe that can be classified as Blue Zones, then compared the data from each to help us understand what makes these communities special and what habits might be introduced into other communities.

Residents in Blue Zones live in very different parts of the world, but have common lifestyle habits, like:

- 1 MOVE NATURALLY:** They incorporate physical activity into their daily living, including walking
- 2 PURPOSE:** They have a strong sense of purpose and direction in their lives
- 3 PLANT SLANT:** They consume more vegetables and beans (fava, black, lentils, soy) and less animal proteins
- 4 LOVED ONES FIRST:** They take care of their loved ones first, specifically family, parents and grandparents
- 5 WINE @ 5:** They drink moderately and regularly, with friends, family and with food
- 6 DOWN SHIFT:** They recognize stress and purposely work to shed it, whether by prayer, practicing gratitude or partaking in happy hour
- 7 80% RULE:** They pay attention to their eating and stop when they are 80% full
- 8 RIGHT TRIBE:** They surround themselves with the social circles that support healthy behaviors
- 9 BELONG:** They experience a sense of belonging that is commonly associated with faith-based communities

## CURIOUS ABOUT WHERE THESE BLUE ZONES ARE LOCATED?



Loma Linda, CALIFORNIA



Nicoya Peninsula, COSTA RICA



Barbagia region of Sardinia, ITALY



Ikaria, GREECE



Okinawa, JAPAN

You don’t have to move to Japan or Italy to have a long, purposeful and healthy life.

Connectedness is considered the foundation for longevity and has the biggest impact over time. Support and connectedness within a community gives individuals the opportunity to make healthful decisions that create an optimal lifestyle for longevity, so start living the Blue Zone life wherever on the globe you reside.

## the 10/10/10 protocol

*Whether it’s a sporting accident or a slip on a wet floor, injuries happen all the time whether we are prepared for them or not.*

Many people know to turn to ice when body parts, such as ankles or knees, begin to swell. But do you know when to put the ice on and when to take it off? Or what happens when you leave the ice on for too long? The 10/10/10 protocol is your go-to-guide for icing an injury. Here we will explain exactly what you need to know to carry out this procedure and why it is so important you do it this way.

### 10/10/10 stands for:

10 minutes  
ICE ON



10 minutes  
ICE OFF



10 minutes  
ICE ON



### Why is it SO IMPORTANT?

The purpose of applying ice to an injury is to decrease swelling. The cold ice constricts the blood vessels, limiting the amount of blood that is transported to the injury.

If an ice pack is left on for more than 10 minutes, a reflex reaction (called the Hunting Reflex) will kick in as an attempt to protect the body’s tissues from injury due to cold. Blood vessels will dilate and allow blood to be pumped to the site of injury, causing further swelling and perhaps even scar tissue.

### How do you APPLY THE ICE?

The preferred method of application is to place crushed up ice cubes in a dripping wet cloth bag. This method has been shown to be safe and effective for maintaining a constant temperature without frostbite. Reusable gel packs may also be used; however you must be careful of frostbite if the temperature between the pack and the skin falls below 0 degrees C.

### Why is the 10/10/10 protocol SO EFFECTIVE?

The effectiveness of this procedure is due to:

- The cumulative ice time of 20 minutes
- The “off time” of 10 minutes ensures the skin temperature remains below 20 degrees C, providing a lower starting point for the second application of ice
- The lower skin temperature achieved after the second icing

## Immune Booster STIR FRY



### INGREDIENTS

- 1/3 cup** unsweetened, fresh squeezed orange juice
- 2 tbsp** oyster sauce
- 2 tbsp** soy sauce, preferably low-sodium
- 1 tbsp** dark sesame oil
- 1 tbsp** finely grated fresh ginger
- 2 tsp** cornstarch
- 3** skinless, boneless chicken breasts, cut into strips
- 1 or 2 cloves** garlic, crushed (to taste)
- 1** small red onion, cut into thin strips
- 1** green bell pepper, seeded and sliced into strips
- 1** red bell pepper, seeded and sliced into strips
- 3 cups** broccoli florets
- 1 cup** shiitake mushrooms, sliced
- 3 tsp** vegetable oil
- 1/2 cup** whole almonds, skin on
- 1 cup** coarsely chopped fresh cilantro

### INSTRUCTIONS

- In a small bowl, whisk orange juice with oyster and soy sauces, sesame oil, ginger and cornstarch until dissolved. Slice chicken into long thin strips.
- Heat 1 teaspoon (5 mL) oil in a large, wide non-stick frying pan set over medium-high heat. Add almonds. Stir until lightly toasted, 2 minutes. Remove from pan and set aside.
- Add another teaspoon of oil to the pan. When heated, add chicken strips. Stir-fry until golden, 2 to 3 minutes. Remove from pan and set aside.
- Add remaining oil to pan, then add onion, garlic, peppers and broccoli. Stir-fry 2 minutes. Add mushrooms. Stir-fry 1 minute. Add orange juice mixture and stir well. Reduce heat to medium-low. Add nuts and chicken. Cover and cook, stirring occasionally, until veggies are tender, 2 to 3 minutes. Sprinkle with chopped cilantro and serve.

## Magna Employees RUN FOR A CURE

On Sunday, October 2, 2016, over 200 Ontario-based Magna employees walked, ran and raised funds for breast cancer research through the CIBC's annual Run for the Cure.

**Employees from divisions in Guelph, Windsor, London, Mississauga and Vaughan raised over \$33,000, and through matching programs, Magna added over \$22,000 to the gift for a grand total of \$55,539.**

Last spring, Magna Wellness prepared interested employees with a "Learn to Run" program, recruited Run Champions to organize running groups and fundraising events, and cheered the runners to the finish line.

We applaud all the participants for taking part in this community event, but special mention goes to Polycon, who had the highest employee participation, and to the Windsor Modules, whose employees raised the most amount of money.

Visit the Magna Wellness website to see the full photo gallery, which is currently featured on the front page banner!

[www.magnawellness.ca](http://www.magnawellness.ca)



Polycon



Massiv Die Form



Mississauga Seating and Deco



Camslide, Dortec, Massiv Die, Mytox, APT, Casmir, Plastcoat, MSM, Closures, Corporate, Maple Stamping, Massiv Automated, and Unimotion

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

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