

NOVEMBER, 2014

**Upcoming Events****Are Carbs Making You Sick and Fat?**

By Sgt. Kendra Nunes

Plain and simple, the amount of carbohydrate we eat as part of the Standard American Diet (SAD) is killing us. If you want to see health improvements, live longer, and lose weight, consider 30 days of a low carb, high fat diet. Our bodies were not designed to handle the massive amounts of carbohydrate we ingest every day. Carbohydrates come in many forms: bread, pasta, grains, candy, chips, crackers, bagels, muffins, pizza dough, sugary drinks, all types of sugar and sweeteners, and fruits and vegetables. They are hidden in sauces, dressings and marinades.

I challenge each of you to spend a week tracking your carbohydrate intake. Use an app like MyFitnessPal or MyNetDiary to track everything you eat and drink each day. Pay attention to how many carbohydrates you are consuming. How much is too much? Here are some guidelines provided by my favorite site, [marksdailyapple.com](http://marksdailyapple.com):

**-50 grams per day:** Easy, effortless weight loss for any and everyone. Diabetics and the severely obese may find it useful to remain in this zone.

**50-100 grams per day:** Steady, gradual weight loss. You can still enjoy a wide variety of foods and lose weight slowly but surely.

**100-150 grams per day:** If you just want to maintain, this is a good zone. Hardcore athletes may want to increase them a bit.

**150-300 grams per day:** Steady, insidious weight gain. It'll creep up on you.

**300+ grams per day:** Unless you're an extreme endurance athlete, 300+ grams of carbs per day will sabotage your health. Sadly, many of us eat this amount routinely without even knowing it.

As you decrease your carbohydrate intake, you may feel hungrier. Increase your consumption of healthy fats. Fat doesn't make you fat, *carbohydrates* make you fat. Don't worry about the number of calories during this trial period. Focus only on decreasing carbohydrates and increasing healthy fats. Try it for a month. See what happens!

**The Wellness Program in partnership with Kaiser Permanente is excited to bring you the following events in Room 314!**

**Holiday Eating Seminar**

Nov 19th, 0930-1030 hrs

*Discuss principles of, and learn tips for, healthy eating during the Holiday Season.*

**Be Hearty Seminar**

Dec. 2nd, 0900-1000 hrs.

*Learn about physiology, risk factors and prevention of heart disease.*

**Blood Pressure Screenings**

Dec. 2nd, 1000-1300 hrs

**Stress Reduction Seminar**

Dec. 11th, 1130-1230 hrs

Explores sources of stress and learn coping skills.

# Don't Sprint Like an Idiot!

By Kellie Carroll, SJPD CSO and Yoga Instructor

Sometimes life has a really irritating way of throwing things back at us or making us learn a lesson that maybe we don't particularly want to learn. Case in point – two years ago I was teaching my regular yoga class in Gilroy one Saturday morning when I did a pose that was probably a bit advanced for me (standing big-toe stretch). Mind you, I was warmed up, but I *probably* should have used a strap. Ok, not *probably*. I *should* have used a strap. Anyway, I go into the pose and literally hear a tear and a pop. It was a disconcerting feeling and sound. And oh yeah, it hurt.

Bad. REAL bad.

So I was a good girl and I did some physical therapy and I listened to my body when I worked out and I didn't push it when I did my yoga practice. Even though I still felt it almost two years later, it was bearable and I could work through it. Well, that was until I played softball at my family reunion this past August. I hit the ball and ran like hell towards first base and that's when I felt it – someone or something tried to rip my hamstring off where it met my sit bone. It took my breath away. Fast forward to the results of my MRI – torn hamstring at the insertion point. Doctors orders? *Lay off of it for a month.*

Ok, so it's been a month. I'm going to ease back into my work-outs. Except I do Cross-fit and you don't ease into CrossFit. So that's out. I know! I'll do some yoga! Nice gentle stretching, get myself mentally back into the physical aspect of working out with an injury and get my body back to where it was before I sprinted.

So you're probably wondering, where is this lesson that she was talking about, besides don't sprint like an

idiot when you're injured? That's a great lesson, but that's not the one I'm referring to (but you can learn from that one if you'd like). In fact, I'd suggest you do because this pain stuff...it sucks. That whole, "pain is just letting you know you're alive?" thing is also letting you know your IQ isn't quite as high as you'd like it to be. But I digress....

So I get my mat out and I do some breathing (yes! Just like we talked about last month!), and I prepare to go into a forward fold and there was no fold. I couldn't get my hands to touch the floor! in fact, they hovered a good eight inches above the floor and that was stretching my back and



hamstrings to their limit. I bent my knees a little... then a little more. Pretty soon I was almost squatting before I could get my hands flat on the floor. And coming back up into standing? Oh, that was a joy. My body ached, everything was stiff. Then I tried some sun salutations. You've got to be kidding me – go into lunges? Down dog? Hah! More like *downed dog.*

It was then that I uttered those words, "*Oh my God. I hate yoga.*" I was shocked at myself! Me?!? Me, who preached at everyone who would listen and those who wouldn't, about the benefits of yoga, hated it? Me, who could not or would not, understand those people who told me that they didn't care for it, that they would rather not do it. I was now feeling their pain? It was a hard lesson to learn, but I get it now. I get that not everyone was feeling that bliss that I felt before my injury when I practiced, that there can be a lot of discomfort and yeah, even pain. I get it now.

Do I still think that yoga is beneficial to everyone? Yes, of course I do.

Flexibility is absolutely essential regardless of what we do in life, especially as we get older. But I think that how we approach it is as individual as we are – as long as it with an open mind and patience. Nothing will be accomplished overnight and we can't force our bodies to rush into it. So now when I practice, I don't expect my flexibility to be where it was before my injury and I go slow. I don't do some of the poses that I did before. That will take time and healing and patience.

So I guess I really learned three lessons:

#1: Even if everyone will benefit from a yoga practice, not everyone will like it and they shouldn't be badgered into doing it. They will find it when they're ready;

#2: If a pose is too much or not available to you, use a prop. That's what they're there for;

#3: Don't sprint like an idiot.

So until next time,

Namaste

# Fitness for Law Enforcement

By Greg Amundson, Owner CrossFit Amundson and Law Enforcement Liaison for CrossFit Inc.

In 2001, I was fresh out of the South Bay Regional Police Academy with my Field Training Officer Program (FTO) behind me, I was ready to hit the street – or so I thought.

Within one week of being a “Solo Deputy” with the Santa Cruz County Sheriff’s Office, I got my ass handed to me in a fight. Good thing my former FTO arrived on scene to help subdue the suspect. I told my FTO it felt like I’d been breathing through a straw, that my muscles were moving in slow-motion, and that it felt like I was about to die.

Although I prided myself on being physically fit, I knew I needed more – something entirely different. A new way of training my mind, body and spirit to ensure my victory on the street against the unknown and unknowable threats to a Law Enforcement Officer.

Shortly after my “fight for my life” I heard a rumor circulating through the Brazilian Jiu Jitsu community of Santa Cruz about a little gym with some hard-core workouts. I found the phone number to “CrossFit” and called none other than Greg Glassman, the founder of CrossFit. Greg invited me to try a workout the next day.

Following my first workout, I knew I’d found the holy-grail of fitness. From the moment the workout started, to the moment I crumbled into a heap on the gym floor, it felt like I was on the street, fighting for my life. I intuitively knew the more often I sub-

jected myself to the feeling of entering a fight, and coming out the other side victorious, the better. The training was giving my mind and body the winning edge, and I knew it.

Within a few months of training with Greg Glassman, friends from San Jose Police Department started to join me at 6:00 AM for the workouts. I’ll always remember the interesting chain of events that started to unfold one morning.

A professional soccer player had joined the 6:00 AM crew for a workout. The soccer player asked Coach Glassman if he needed special programming for his sport. Coach said “Yes, you need to do Thrusters and Pull-ups.” (A “Thruster” is a traditional and original CrossFit movement, involving a full front squat into a press, usually performed with a weighted barbell.) The soccer player was excited he’d received this “special programming” from Coach Glassman.

Later in the afternoon, a similar interaction took place, this time with a professional basketball player. Once again, the “secret programming” that Coach Glassman prescribed was “Thrusters and Pull-ups.”

After hearing this advice for both the soccer and basketball player, I decided to ask Coach if, as

a Cop, I needed special programming.

“Hey Coach, what should I do? Let me guess, Thrusters and Pull-ups, right?” I joked.

Coach looked at me and said, with the utmost seriousness,

“Yes kid, you need to do Thrusters and Pull-ups also. But unlike those soccer and basketball players, you need to go as hard as you can, every single time. You need to train like your life depends on your fitness, because it does.”

Those words stuck with me, and to this day, every time I train, my mindset is this:

***This is my last workout before the fight for my life. If I win here, I can win anywhere.***

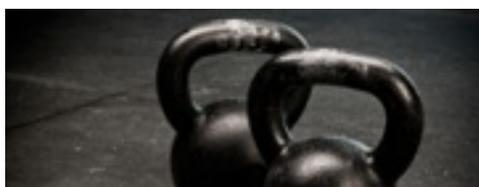
Are you training with that level of commitment? Train hard today my friend. Train as if your life depends on it.

It does.

*Greg Amundson served with the Santa Cruz County Sheriffs Office, the Drug Enforcement Administration (DEA) and the US Army. He owns CrossFit Amundson in Capitola, and is a regular speaker at LE agencies.*

**To learn more about Greg, his gym, and his training tips, visit his site at:**

**<http://crossfitamundson.com/greg-amundson>**



# Protecting Yourself from Infectious Diseases

By K.C. Moore, SJPD Safety Officer

The cold and flu season is upon us and the threat of Ebola is a point of discussion for all; that being said I would like to remind everyone of ways to reduce and/or prevent exposure as infectious diseases may be bloodborne (HIV, Hepatitis), airborne (tuberculosis, influenza, whooping cough) or by contact (MRSA, Staph, Ebola).

Wear your Personal Protective Equipment (PPE). When responding to a call that you know exposure might occur, perhaps a welfare check of someone with known or unknown medical conditions, rendering aid to someone who is injured, arresting a sick suspect, investigating a transient camp, wear your eye protection, gloves and N-95 mask. If you haven't received your N-95, a dust mask is better than nothing.

When removing your PPE, keep the following steps in mind:

- **Step 1:** Avoid contamination of self, others & the environment. Remove the most heavily contaminated items first. When removing gloves, roll inside out, avoiding touching the exterior of the gloves with bare skin. Dispose of gloves safely.
- **Step 2:** Perform hand hygiene. Wash hands with soap and water, if there is no water immediately available, use hand sanitizer, preferably alcohol based. Wash hands at first opportunity.
- **Step 3a:** If wearing a face shield, remove from behind and safely dispose.
- **Step 3b:** If wearing eye protection and mask; remove goggles from behind, put goggles in a separate container for disinfecting. Remove mask from behind and safely dispose.
- **Step 4:** Perform hand hygiene. Wash hands with

soap and water, if there is no water immediately available, use hand sanitizer, preferably alcohol based. Wash hands at first opportunity.

For day to day concerns, the best ways to avoid contracting an infectious disease is to:

- Wash your frequently- The CDC recommends washing thoroughly and vigorously with soap and water for at least 20 seconds, followed by hand-drying with a paper towel. In the absence of running water, an alcohol-based hand gel or wipe will suffice.
- Don't share personal items- Toothbrushes, towels, razors, handkerchiefs, and nail clippers can all be sources of infectious agents (bacteria, viruses, and fungi).



- Cover you mouth and nose when you cough or sneeze. Coughing or sneezing can spread germs through microscopic droplets in the air. The current recommendation is to cover your mouth with your arm, sleeve, or crook of the elbow, rather than using your hands.
- Don't pick your nose (or your mouth or eyes either). Not only is it a social taboo, but it also leads to the spread of a number of infections. Look

around, and you'll notice how many people have their hands next to their faces. Many microbes prefer the warm, moist environment inside your nose, as well as other mucous-covered surfaces such as your eyes and mouth. Infections can be easily prevented by avoiding touching of these areas.

## Ebola Response

The Department is in the process of developing guidance specific to Ebola. We are currently working with Employee Health Services and the Fire Department on protocols for personal protective equipment and response.

*Per the Center for Disease Control (CDC)*

"Ebola is spread through direct contact (through broken skin or mucous membranes in, for example, the eyes, nose, or mouth) with

- blood or body fluids (including but not limited to urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with Ebola
- objects (like needles and syringes) that have been contaminated with the virus
- infected fruit bats or primates (apes and monkeys)

Ebola is not spread through the air or by water, or in general, by food. However, in Africa, Ebola may be spread as a result of handling bushmeat (wild animals hunted for food) and contact with infected bats. There is no evidence that mosquitos or other insects can transmit Ebola virus. Only a few species of mammals (for example, humans, bats, monkeys, and apes) have shown the ability to become infected with and spread Ebola virus."

# Taking Care of Each Other

By Lois Wilco-Owens, LMFT

Being a cop in San Jose is no walk in the park. It requires both physical and mental strength. Decreased staffing, smaller teams and increased crime makes doing your job more challenging. Brazen criminals know there aren't as many of you out there and they are emboldened. Your job has changed. You used to prevent the fire. Now you put it out. People you thought you'd retire with have left for new horizons. There is a feeling of being under the microscope and you often feel "thrown under the bus" by various factions. This can make a difficult job even more stressful and less satisfying.

You can't control what the citizens, newspapers or local government say, but there are a few things you *can* do to decrease your stress and increase your level of satisfaction. First and foremost, remember that you have been selected to fight the good fight and you must not let anyone divide and rule you. Your team at work may be much smaller than in previous times, but you have to make the best of what you have. Working on a cohesive, support team will increase your level of job satisfaction. You are likely spending more hours at work, so it is important to a united front with your team.

As members of San Jose Police Department, remember that you all share the same vision: To Protect and Serve. Showing respect, communicating openly with your team, and handling conflict constructively within the group will increase job satisfaction exponentially. Give credit to each other where credit is due and handle conflict constructively. Protect your team by not engaging in gossip or negative talk about others on your team. Being direct with team members and voicing concerns directly with that person is the preferred method of communication. This is the best way to be free of pent up anger and anxiety.

Resolving conflicts sooner as opposed to later is the preferred method. Handle conflict within your team in a timely, constructive manner. Remember, you are only human and negative feelings and resentment will build if you let things fester. Eventually the negativity will come out. More important, harboring negative feelings toward your fellow comrades/team members will increase your sense of isolation and loneliness at work. Since a San Jose cop spends more time at work than any other place, be the guy that deals directly with others. You don't know whom you can trust, so be the guy that doesn't bad mouth others. Be the guy that resolves issues within the team as opposed to going to a supervisor. Be the guy who can be trusted.

Your job has changed and you need to be loyal and stick together. The general public doesn't understand what being a cop is all about. Cops understand cops. Be loyal to one another. Build each other up and make it safe for each of you to talk and express feelings/concerns after a particularly upsetting call. It's o.k. to express yourself with members of your team. Lead by example and make this o.k. by never repeating feelings shared within your team. It's ugly outside on the mean streets of San Jose, so make it safe within your team. Daily exercise and limiting alcohol and negative talk about events over which you have no control will help you feel more in control.

Be a positive influence on the team that you work with. No criticism and no gossiping. Your job satisfaction will rise exponentially. You will know that your teammate has your back. Slam the door on back-stabbing and settle your concerns "in house." That means stand united with your fellow officers. After all, you have been selected to fight the good fight together. You are the San Jose Police.

For questions or concerns about safety around the department, ergonomics evaluations or related equipment, or general questions about the Wellness Committee, contact:

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**Here's a link to an excellent article about the sedentary nature of police work and how it impacts our cardiovascular diseases risk:**

**<http://www.rcmp.gc.ca/gazette/vol76no2/submissions-reportages/sedent-eng.htm?fb>**