



Employee Newsletter

March/April 2025



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Newsletter, quizzes and challenges*

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LIFE points voucher contact

Upcoming Opportunities

- **Mar 22nd @ 9 am- 4 pm-- Mainspring Conservation Trust--** Demolition Volunteer Workday. Please register online at <https://www.mainspringconserves.org/events/demolition-volunteer-workday>
- **April 11th @ 12:15 pm-12:45 pm--A/B Room @ Macon County Public Health--** Lunch & Learn (Bring a lunch & come learn ways to promote your personal health & wellness)

Do you have an idea for a Lunch & Learn presentation? Let us know!



Long-term Benefits of Upper Body Strength After Age 40



Maintaining upper body strength after age 40 provides numerous long-term benefits that contribute to overall health and quality of life. These include improved bone density and joint health, which reduce the risk of osteoporosis and arthritis; a boosted metabolism for better weight management; and enhanced cardiovascular health. Functionally, it makes daily activities easier and safer by improving balance, stability, and posture. Psychologically, it boosts confidence and mental well-being through the release of endorphins. Additionally, it promotes longevity, independence, and social engagement, fostering a more active and fulfilling lifestyle.

Best Exercises for Upper Body Strength After Age 40

The best exercises for maintaining upper body strength after 40 include a mix of compound and isolation movements that target different muscle groups. Key exercises include push-ups and dumbbell bench presses for the chest; pull-ups, bent-over rows, and lat pulldowns for the back; shoulder presses, lateral raises, and front raises for the shoulders; and bicep curls, tricep dips, and hammer curls for the arms. Incorporating core-strengthening exercises like planks and hanging leg raises is also beneficial. Focus on proper form, progressive overload, and consistency, aiming for at least 2-3 strength training sessions per week to maximize results and prevent injury. (Start with our Push-up challenge for March!)



Italian Stuffed Peppers

INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none">• 4 medium to large green or red bell peppers• 1 1/2 pounds lean ground beef or turkey• 1 cup chopped onion• 1 cup cooked rice• 2 teaspoons Italian Seasoning• 1/2 teaspoon Garlic Powder• 1/2 teaspoon salt• 1/4 teaspoon Pure Ground Black Pepper• 2 cans (15 ounces each) tomato sauce, divided• 1/2 cup shredded mozzarella cheese	<ol style="list-style-type: none">1. Preheat oven to 400°F. Cut off tops of bell peppers. Remove seeds and membranes. Rinse bell peppers. If necessary, cut thin slice from bottom of each pepper so they stand upright. Set aside.2. Brown ground beef and onion in large skillet on medium-high heat. Drain fat. Add rice, Italian seasoning, garlic powder, salt and pepper; mix until well blended.3. Pour 1 can of the tomato sauce into bottom of 9-inch square baking dish. Stuff peppers with beef mixture. Place stuffed peppers upright in baking dish. Pour remaining can tomato sauce over stuffed peppers. Cover tightly with foil.4. Bake 35 to 45 minutes or until peppers are tender. Remove foil. Sprinkle stuffed peppers with cheese. Bake 5 minutes longer or until cheese is melted. Cut stuffed peppers in half. Spoon sauce in dish over each half to serve.

Email a selfie of you trying this recipe to kloughborough@maconnc.org and earn 2 LIFE points! (Max 6 points available per fiscal year)