

# Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is contained within a dark blue oval. The word "Apollo" is written in a white, cursive script font. Below it, the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. At the bottom of the oval, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

*Apollo*

— MECHANICAL CONTRACTORS —  
Building People Who Build Great Things

## Home Healthy - Home Safe

Date: April 2022

### Food is Fuel

A 2017 article from Forbes magazine states, “Leaders have learned that what they eat impacts their performance.” If you are serious about being as efficient and productive as possible during your workday, you may want to ask yourself if the food you are eating serves as high octane fuel for your body and mind. If you aren’t eating to nourish your body, your work performance will suffer. Why is this?

Energy is life! Our bodies conduct more than 37 billion billion (yes billion twice) chemical reactions every second to produce energy, remove waste, help us think, move, sleep, see, hear, build and repair muscle, and many, many, other actions that we aren’t even aware of. Those chemical reactions depend on high-quality nutrients from our food to keep us healthy and alive. Those nutrients come from eating a wide variety of whole foods. Of course, we need carbohydrates, proteins, and fats to fuel these operations as well as vitamins and minerals but even more importantly we need a strong variety of more than 23,000 phytonutrients.

A study done in 2015 found that 80% of Americans fall short in consuming phytonutrients which are primarily found in fruits and vegetables. This is likely due to the high consumption of highly processed foods which provide a limited supply of vitamins, minerals, and phytonutrients. If you want to perform like the industrial athlete leader you are, follow the advice of Dr. Deanna Minich who recommends “Eating the Rainbow” each day to ensure adequate consumption of phytonutrients. Those colors occur because of the phytonutrients like carotenoids, resveratrol, lycopene, polyphenols, and beta carotene to name a few. Many phytonutrients have not been identified. According to Dr. Minich, each color broadly represents different bodily functions. Ever hear that eating carrots will help you see better? Did you also know that eating red foods helps support your immune system, blue and purple foods support your brain, and yellow foods support your digestive system?

Food is fuel for your body and your mind. You can buy the cheap stuff but at what cost to your performance?

**“Eat the Rainbow” 30-day self-challenge. The Safety department challenges you to eat like a high performing industrial athlete. Try to eat every color of the rainbow each day, and send an email to the safety department to let us know how it’s going. You could be highlighted on one of Apollo’s social media posts!**

#### Discussion Points/Quiz Questions :

1. How many colors of the rainbow in foods do you think you eat each day?
2. What are your favorite colors of food?
3. How many colors of foods were on your Thanksgiving table?