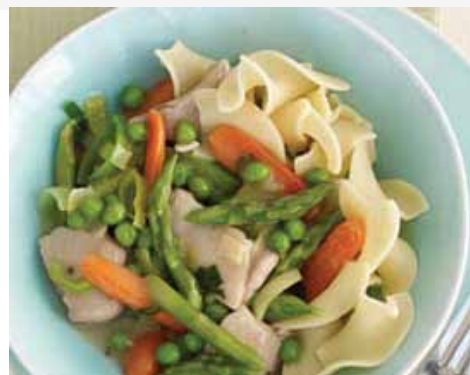


# HEALTHY LIVING

Wellness Newsletter from **AAOA**

April 2013



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Promote workplace wellness with fresh, Washington apples.

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# Spring Vegetable & Chicken Stew

Easy, Simple and Healthy



**Total Time: 5 hours**

**Serves 6**

## Ingredients

- 1 slow cooker liner
- 1 1/2 lbs. boneless, skinless chicken thighs, cut in chunks
- 2 cups baby carrots, halved lengthwise
- 1 large leek, white and light green parts only, sliced (2 cups)
- 1 Tbsp. chopped fresh tarragon
- 1 jar (12 oz.) chicken gravy
- 1/3 cup dry white wine
- 1 Tbsp. flour
- 1/2 tsp. salt
- 8 oz. fresh asparagus, trimmed, cut in 1- to 2-in. lengths
- 1/3 cup thawed frozen peas

## Preparation

1. Line a 3-qt. or larger slow cooker. Put chicken, carrots, leeks and tarragon in slow cooker. Pour in gravy. Put wine, flour and salt in gravy jar; cover and shake to mix. Pour into slow cooker; toss chicken to coat. Cover and cook on low 5 to 8 hours until chicken and vegetables are tender.

2. Turn to high. Add asparagus; cover and cook on high 10 to 15 minutes until asparagus are crisp-tender. Stir in peas.

## Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 207g	Carbohydrates 15g
Fat 5g	Saturated Fat 1g
Cholesterol 99mg	Protein 25g
Sodium 567mg	Fiber 2g



## Apple-A-Day at AAOA: New Benefit Partner

Apple-A-Day is a member benefit promoting workplace wellness

The changes employers face as a result of healthcare reform have created a new emphasis on worksite wellness programs. Vending machines and food offerings in the workplace are transitioning to provide healthy food alternatives to employees.

Making that transition is now easier for employers with AAOA's newest benefit partner, Apple-A-Day. Apple-A-Day is a monthly service delivering fresh, Washington apples to your workplace each week.

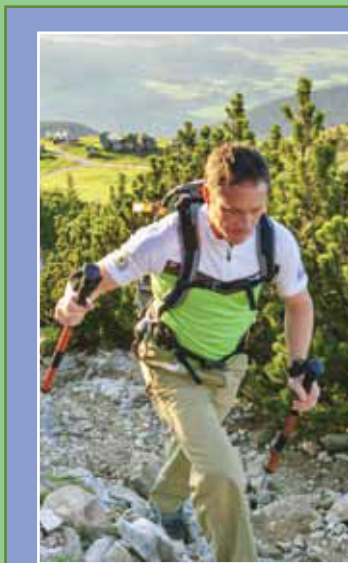
Apple-A-Day provides the natural and sustainable energy to keep a workforce performing to the best of their abilities. Currently, Apple-A-Day delivers to businesses in the Tri-Cities, Yakima and I-405 corridor, with plans to expand in the Seattle area.

Promote workplace wellness in your business with the newest AAOA member benefit "Apple-A-Day." Get Healthy! Learn more at [aaoamerica.org](http://aaoamerica.org).



## Take Charge of Your Health

Put some spring in your step with warmer weather.



Now that spring is here, there are countless opportunities to go outside and get a little physical activity in. Not only is physical activity refreshing, but it is good for your health and a great way to get in to or stay in shape. One of the best ways to do this is walking.

### Is walking good exercise?

Walking is a great form of exercise. It is something simple, easy, it doesn't require any practice, and you can do it almost anywhere. It helps to lower your blood pressure, maintain weight, increase your mood and keep you strong and fit. If you are a seasoned walker, just keep doing what you are doing. If you are new to fitness and have been inactive, start slow and easy. Start by walking just 5 to 10 minutes and gradually work your way up to 30 to 60 minutes most days of the week. Walking is something you can do with a friend anywhere.

### Walking and High Blood Pressure

Aerobic exercise can lower blood pressure and can help with weight loss. Activities such as walking, biking, swimming and water aerobics often produce the best results. Help yourself to take charge of your high blood pressure by including walking as a daily activity. Before you start an exercise program, ask your doctor what type and amount of exercise is right for you.



# High Blood Pressure: How It Harms Your Body

If you're among the one in three Americans who has high blood pressure (hypertension), take note: it's not something you can afford to ignore.

High blood pressure typically has no symptoms. Since symptoms can be strong motivators, it can be tough to make lifestyle changes or see the need for treatment when you feel fine. But here's why you need to follow "doctor's orders." High blood pressure is a "silent killer" and not treating it can have serious consequences.

## What High Blood Pressure Does to Your Body

Blood pressure is the force of blood that travels through your arteries. If pressure is too high, it can damage your blood vessels and organs in your body. The higher your blood pressure is, and the longer it stays untreated, the greater your risk for serious medical problems, including:



- Heart failure
- Stroke
- Vision problems
- Heart attack
- Kidney damage
- Memory loss

## How to Reduce Your Risk

To prevent complications, follow your high blood pressure treatment plan as directed by your doctor:

- Take all medications as prescribed. Never stop taking a medicine without talking to your doctor first. Blood pressure medication can cut your risk of heart failure and other complications in half.
- Reach or maintain a healthy weight. If you are overweight, lose weight. A weight loss of just 10 pounds can help lower blood pressure.
- Follow the Dietary Approaches to Stop Hypertension (DASH) diet. Studies show that the DASH diet helps control high blood pressure. The diet is rich in vegetables, fruit and low-fat dairy. Foods high in cholesterol, saturated and total fat are limited.
- Limit sodium (salt) intake. Eating a diet low in salt can help keep your blood pressure in check. Keep sodium intake to less than 2,400 mg per day.
- Get active. Work up to 30 minutes of exercise most days of the week. Check with your doctor before you start or increase your level of exercise.
- Avoid alcohol. Drinking too much or too often raises the risk for high blood pressure.
- Don't smoke. If you do, quit.

## Spring Has Sprung... and So Have Allergies.

A good way to prevent allergy symptoms is to clean your house on a regular basis. A good, deep clean can prevent the build up of dust and other allergens; and doing it once a week can reduce the need for medication and really make a difference in how you feel day to day.

*Spring break is a great time to get a jump start on all of your spring cleaning.*

Remember to talk to your doctor before making any changes to your prescriptions or dosages.

## World Health Day

World Health Day has been celebrated on the 7th of April every year since 1950 to mark the anniversary of the establishment of the World Health Organization (WHO). WHO, which was formed in 1948 by the United Nations, has been valuable in tackling some of the world's largest health issues such as the eradication of smallpox.

Each year, World Health Day focuses on a theme. This year the theme is High Blood Pressure. Remember World Health Day this year and do your part to protect your health and bring awareness to others.

## MY AAOA Benefits

Do you enjoy reading the AAOA Wellness Newsletter? If so, you can find a digital version of the newsletter and other great health tips and video clips by visiting [www.myaaoabenefits.com](http://www.myaaoabenefits.com).

## Counting Calories in Alcoholic Beverages

### If you are counting calories, think before taking that next drink.

This may be news to some, but alcohol has a lot of calories; often more than the dessert you turn down. To boot, having a drink or two before or with a meal may actually stimulate you to eat more and intake more calories. Researchers speculate that alcohol increases the pleasure of eating. While “under the influence,” it’s also more likely that you will lose your inhibitions and indulge in foods that are less nutritious.

Without a doubt, the calories in your alcoholic drink can affect your waistline just as the alcohol can affect your mental functioning and physical health, but you can enjoy small amounts of alcohol and still maintain or even lose weight. The key? Arm yourself with calorie facts and follow the tips below.

### Strategies for Smart Drinking

- If you drink, do so only in moderation.
- Check with your doctor before drinking alcoholic beverages if you take any medicines (over-the-counter or prescription) or if you have any medical conditions.
- Pay attention to the calories in alcohol.
- Never drink on an empty stomach.
- Drink slowly and alternate each beverage with water or seltzer.
- Dilute alcohol with water, ice or seltzer.
- Trade a higher calorie drink for a lower one.

In the end, a smart strategy includes a plan for both eating and drinking. With that in mind, it may be possible to include some alcohol in your meal plan without piling on the pounds.

Drink	Amount	Calories
Beer (regular)	12 oz.	150
Beer (Light)	12 oz.	100
Daiquiri	10 oz.	300
Eggnog	8 oz.	350
Kahlua	1.5 oz.	140
Long Island iced tea	10 oz.	580
Martini	6 oz.	280

Drink	Amount	Calories
Margarita	8 oz.	190
Pina colada	10 oz.	550
Screwdriver	8 oz.	190
Shot of liquor	1.5 oz.	100
Whiskey sour	8 oz.	375
White Russian	8 oz.	500
Wine (red or white)	6 oz.	120

The calorie amounts listed here are for an average size drink. Many drinks may have even more, depending on the size of the tumbler, glass or beer mug.

## APRIL WELLNESS TIP



Sheridah Bennett  
(AAOA Wellness Champion)

### Wellness Tip

## Be Informed: Cancer Cases

Two-thirds of worldwide cancer cases could be prevented if everyone avoided tobacco and adopted other lifestyle strategies. It is time to take stock of our personal habits and develop an action plan for healthier living. Talk to your doctor about healthy living strategies to help you promote wellness in your own life.

### AAOA HEALTHCARE

[www.myaaobenefits.com](http://www.myaaobenefits.com)  
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We want your feed-back about the Wellness Newsletter. Please email us at [wellness@aaoamerica.org](mailto:wellness@aaoamerica.org) with any wellness tips or healthy recipe ideas.