

HEALTHY LIVING

Wellness Newsletter from **AAOA**



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Sack Lunch Makeover

Having trouble getting kids to eat their lunch?

(Page 2)

inside

Keeping Your Eyes Healthy

(Page 3)

Deadly Diseases

(Page 3)

How to Keep Your Back Healthy

(Back)



Pita Pizza

A Simple, Fast and Healthy
way of making pizza.

(Page 2)

Pita Pizza



A Fresh Summer Night Dinner

Ingredients:

1 Cup Super Quick Chunky Tomato Sauce

1 Cup Grilled boneless, skinless chicken breast, diced (about 2 small breasts)

1 Cup broccoli, rinsed, chopped, & cooked

2 Tbsp grated parmesan cheese

1 Tbsp fresh basil, rinsed, dried, & chopped (or 1 tsp dried)

4 (6 ½ inch) whole-wheat pitas

Directions:

1) Preheat oven or toaster oven to 450 degrees

2) For each pizza spread ¼ cup tomato sauce on a pita and top with ¼ cup chicken, ¼ cup broccoli, ½ tablespoon parmesan cheese, and ¼ tablespoon chopped basil.

3) Place pitas on a nonstick baking sheet and bake for about 5-8 mins or until golden brown and chicken is heated through. Serve immediately.

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 275

Fat 5g

Saturated Fat 1g

Cholesterol 32mg

Sodium 486mg

Carbohydrates 41g

Dietary Fiber 7g

Sack Lunch Makeover

Having trouble getting kids to eat their lunch?

One of the biggest struggles can be making sure your child gets a healthy lunch that they want to eat. Here are a few healthy tips to spice up your child's sack lunch this school year:

1 Incorporate Healthy Food Groups

Make sure kids are getting enough of the proper nutrients, incorporate each of the essential food groups in their lunch.

4 Variety

Mix up the lunch rotation every once in a while to keep your kids from getting bored with the regular food options.

2 Involvement is Key

Give your kids the opportunity to help pack their lunch. Not only can it be a fun family activity, but it allows your children to choose what they want to eat for lunch; and it also makes them less likely to throw it out or trade it.

5 Arts and Crafts at Lunch?

Not quite, but making lunch "pretty" may make lunch more desirable to your child. Try cutting sandwiches or other foods into special shapes or use decorative wrapping.

3 Leftovers

Did your kids absolutely love last night's dinner? Don't hesitate to pack it for lunch the next day. Use a thermos to keep lunch warm. Or add some of their favorite fruits and veggies, or a different dip to add to last night's meal.

6 Dessert

Rather than giving kids a cookie every day, maybe try to alternate between trail mix with chocolate pieces in it, or a sweet-tasting fruit bar. This doesn't mean eliminate cookies or candies. Dessert now and again is not a bad thing, but rather, it teaches moderation.





Keeping Your Eyes Healthy



Vision problems and eye conditions can affect people of all ages. That's why it's so important to take care of your eyes-starting early in life. The following tips can help you keep them safe and healthy.

Don't smoke. This dangerous habit deprives your body of nutrients that are essential in preventing certain eye diseases. If you smoke and need help quitting, speak with your doctor.

Enjoy your fruits and veggies. Eat at least three to five servings of fruits and vegetables every day. In particular, leafy green vegetables such as spinach and kale can benefit your eyes. These foods contain lutein—an antioxidant. This may reduce your risk of some eye conditions.

Wear sunglasses. Exposing your eyes to too much sunlight may lead to cataracts. Make sure your sunglasses block out UVA and UVB rays. Also, wear them every time you go outside—even on cloudy or overcast days.

Protect against injury. Certain sports, jobs and activities put your eyes at risk for injury or irritation. Wear appropriate eye gear to help keep them safe.

Practice good hygiene. Avoid touching your eyes. This can help prevent the spread of infections such as pinkeye. Also, don't share eye drops, makeup or contact lens supplies with others.

Take care of your contacts. If you wear contact lenses, be sure to keep them clean. Wash your hands before inserting or removing them. Don't exceed recommended time limits for wearing your lenses; and, if you feel pain, remove them.

Deadly Diseases Waiting for a Comeback

As more people opt out of immunization, the chances of many life threatening diseases staging a comeback increases. This is a frightening outlook. In fact, pertussis or whooping cough, a disease that was all but eliminated (1,000 cases in 1976), has been slowly coming back (26,000 in 2004). Whooping cough causes high fever and can be fatal in babies.

Measles is also well positioned for a comeback. The number of reported cases (while still relatively low) has risen steadily from year to year. With measles, one cough can spread the disease to virtually any susceptible person in the room. Because the disease is so highly contagious, people who are vaccinated serve as a barrier to a widespread outbreak. But rising numbers of unvaccinated people provide a reservoir of potential disease. In other words, vaccines work only if a critical percentage of the population takes them.

When making decisions about vaccinations for their children, most parents are just trying to make the right decision. When they look to the Internet, they can find a wealth of inaccurate information. This information plays to their fears and takes advantage of a lack of understanding about the complex topic of vaccines. If you are worried about vaccines, talk to your family doctor and find credible information to help in your decision.

AAOA Healthcare plans cover immunizations under the office co-pay.

Immunization Facts

Did you know?

Immunization prevents between 2-3 million deaths every year.

Did you know?

Most states require proof of immunization before children can attend school.

Staying in the Game

How to Keep Your Back Healthy

Back pain robs workdays and keeps people on the sidelines. Learn how your back works and why certain motions can raise your risk for injuries.

Back pain is one of the most common conditions in the United States. Over the course of a lifetime, eight in 10 Americans will have at least one episode of back pain.

The problem results in over 100 million lost work days per year; and over 41 million people visiting a doctor for back pain over the course of a year.

What you can do to avoid back problems

Lift safely. When possible, use lift-assist devices for heavier objects. When you can't avoid lifting, remember to reduce the amount of pressure placed on the back. Bending the knees keeps your spine in better alignment and allows legs to do the work.

Sleep better. A poor sleeping position can create back stress. The best sleeping positions are:

- On your side with knees slightly bent
- On your back with a pillow under knees

Conditioning. Regular exercise can improve overall fitness and lower the likelihood of back problems and injuries. Exercises for strength, flexibility and aerobics are best.

Get into a daily flexibility routine and do strength training for your core muscles. Strong core muscles improve posture, balance and stability.

Yoga and Pilates classes offer good core workouts. Each uses the body as its own form of resistance. If you have trouble doing certain exercises—swimming, walking, or bike riding may be good options. Always check with your doctor before you increase your activity level.

AUGUST WELLNESS TIP



Sheridah Bennett
(AAOA Wellness Champion)

Backpack Tips for Kids

- A child's backpack should weigh less than 10 percent of his or her body weight.
- Straps should be kept tight so the load doesn't swing around and stress the child's spine.
- Children should always wear both straps on a backpack to distribute the weight evenly.

Keep your kid's safe with these healthy tips



AAOA Healthcare

Co-Sponsors Bellevue 12K & 5K

AAOA Healthcare will be co-sponsoring the first annual Spirit of Bellevue 12K & 5K. Proceeds from this race will go towards local students who wish to attend college.

Register to Run or Walk www.SpiritofBellevueRun.com

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