

# HEALTHY LIVING

Wellness Newsletter from **AAOA**



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## Relax!

### Easy Ways to Reduce **Holiday Stress**

Here are a few tips to help you relax and enjoy the holidays.

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# Cornbread



Eat it alone as a tasty snack or serve this cornbread as the perfect side dish to any meal.

Try cornbread as a delicious alternative to regular bread. Serve it with a hot bowl of soup, as a side to a crunchy salad or with a nice cup of tea or an afternoon snack.

## Ingredients

- 1 1/2 cups yellow cornmeal
- 1/2 cup whole wheat pastry flour
- 1 tsp baking powder
- 3 T sugar
- 1/2 tsp salt
- 1 large beaten egg
- 3 T canola oil
- 1 1/2 cups nonfat milk

## Preparation

Preheat oven to 450 degrees. Mix cornmeal, flour, baking powder, salt and sugar in a bowl. Add egg, oil and milk. Stir and combine. Spray a glass baking dish with a generous amount of cooking spray and pour in batter. Bake about 20 minutes, until cornbread is firm in the middle and golden on top.

## Nutrition Facts

Yields 8 Servings

Amount Per Serving

Calories 190g	Fiber 4g
Fat 7g	Protein 5g
Sodium 230mg	Carbohydrates 28g



## Relax! Easy Ways to Reduce Holiday Stress

Here are a few tips to help you relax and enjoy the holidays.

**Create a game plan.** Make a list of what you need to buy and set a realistic deadline for buying the items. Try to shop ahead of time, before things are picked over and you are under pressure. If you will be cooking, plan your menu. Think whether some items could be prepared ahead and frozen or refrigerated. Having guests? Ask them to bring a dish to cut down on your work.

**Make a budget and stick to it.** Money is one of the major stressors during the holidays. If money is tight, suggest a family gift exchange with an accepted spending limit.

**Accept reality.** Real life is not a holiday special. Do not expect perfect decorations, a perfect meal or perfect people. Relax, go with the flow and enjoy what you have.

**Beware of unhealthy stress relievers.** Holiday stress causes some people to fall into bad habits such as smoking, drinking or eating too much. Think about any unhealthy habits you are prone to and think about better ways to handle the stress.

**Make time for your health.** In the holiday rush, don't let your well-being fall by the wayside. Try to stay on your normal sleep schedule and get regular exercise. If you can't find a 30-minute chunk of time for exercise, break it up into three 10-minute sessions spread through the day. Be sure to talk with your doctor if you are increasing your activity level.

**Give yourself a break.** In the midst of doing things for others, it is easy to forget to take care of ourselves. If you feel stress building up, get away for a few minutes. Find a quiet corner and do some deep breathing, listen to calming music or just sit. Or throw on a coat and slip outside for a walk.

**Enjoy!** The holidays are supposed to be a time of joy and togetherness. In the flurry of the holidays, we sometimes forget what we are celebrating. Remember to appreciate the time with people you love.

## Don't Be Fooled by Mother Nature

Sun damage can happen in cloudy and cool weather too. So stick with protection every day — even when fall and winter roll around.

In fact, the sun's rays can even be stronger when they reflect off snow. And, swimmers, boaters and beachgoers, take note: That is true for water and sand, too!

# Note It! What a Food Diary Can Do for You

This is one journal you won't have to keep under lock and key.

A food diary can spill some pretty good secrets about your eating habits. It can help you be more aware of how much you eat and see how you might change your habits; and meet your weight-control goals.

## Tips for your tell-all

You might start with a small notebook you carry with you or a smartphone app or website, if that is more your style.

As you get in the habit, you might begin by recording just the basics: what you ate and how much. Try to note this after each meal and snack.

Of course, the more details you include, the more you will learn. It can also be revealing and helpful to track:

**Where and when you ate.** Paying attention to the where and when can help you see — and prepare for situations that tend to lead to overeating.

**How you felt.** Keeping track can help make you more aware of why you are eating. How hungry you were. You might use a scale of 1 to 10 to record this.

**Calories.** If your doctor has suggested a daily calorie goal for you, your food diary can track these numbers, too. SuperTracker is an online tool to consider. It can help you tally the calories in common foods — and even meals at some restaurant chains. Find SuperTracker at [www.supertracker.usda.gov](http://www.supertracker.usda.gov).

## Know your goal

Are you unsure how many calories a day you should aim for? Talk with your doctor or a registered dietitian. He or she can also help determine what a healthy weight is for you.

## Safe Driving

As our lives become more jam packed, every minute of the day becomes even more precious. This may have pushed some of us to start multitasking while driving. While we may think that we are super people and have the ability to multitask while driving safely, multitasking is still very unsafe and draws your attention away from the road. Practice time management to help reduce your multitasking in the car.

## Sinus Infections Hold the Meds Please

**Q. I think I have a sinus infection. Does that mean I need antibiotics?**

No, not necessarily. Antibiotics will help only if your infection is caused by bacteria. Even if that is the case, you may still get better on your own without prescription medicine.

That said, if you are feeling miserable or if your sinus trouble persists, it may be time to see your doctor. Even if you do not need antibiotics, he or she can determine what is causing the problem — and suggest the best treatment for you. It is also best to see a doctor if you are at risk for complications, for instance, if you have a weakened immune system.

## Why antibiotics are not always the answer

All that aching and sniffing can add up to a lot of discomfort and you might be tempted to ask your doctor to break out the prescription pad. But, there are good reasons to wait.

Before prescribing antibiotics, your doctor will want to rule out the most common causes of sinus symptoms — viruses, allergies and pollution. Antibiotics won't help in those cases.

They may even make matters worse. The more exposure bacteria have to antibiotics, the more likely they are to develop a resistance to medicine. That makes future infections harder to treat.

Also, keep in mind that antibiotics can have unwanted results too. Common side effects include nausea and diarrhea. They may also lead to yeast infections in women — and cause birth control pills to be less effective.

# Season's Eatings!

## Slim-Wise Ways to Celebrate

Good times. Good friends. Good food. They can put anybody in a festive frame of mind.

There is a way to savor all three this joyful season without taking a holiday from your healthy eating habits.

Have a plan so you can enjoy the goodies in good measure. Here are some ideas to try — whether you are at home, on the job, or getting together with friends and family.

### At home

- Bank some healthy meals. For instance, prepare a big pot of chili or soup and freeze single- or family-size servings.
- Don't skip meals — or neglect your pillow.
- Tuck away tempting treats. Are you baking cookies for gifts? Store them in the freezer until you are ready to share.

### At work

- Have healthy snacks on hand.
- Play the picky eater. Do your co-workers fill your workplace with holiday sweets? Eat only small bits of your favorites and pass on the rest.

### At a party

- Bring the goods. If it is a potluck, make your offering a healthy dish.
- Think small and slow. Check out the entire buffet first. Fill at least half your plate with healthy fare, such as fruits and veggies. It's OK to sample special holiday items, too. Just serve yourself small portions.
- Focus on the festivities, not the feast.

### Move through the season, too!

When you are checking your holiday calendar, make sure to put your workouts on it.\* Also, sneak in short bouts of activity any time you can. Do a lap around the mall before shopping or shake some seasonal stress with your own solo dance party. This always-moving strategy can help you burn off extra calories — and keep your energy up.

Or, how about creating your own festive hustle and bustle? Cook up a game of flag football before your Thanksgiving dinner or bundle up the family for a walking tour of your neighborhood's holiday decor. You will be enjoying all the trimmings and staying trimmer, too!

\*Talk with your doctor before significantly increasing your activity level.

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## DECEMBER WELLNESS TIP



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## Wellness Tip

### Don't Stress, Spend Less

It is the holiday season, and many of us are feeling the pressure to spend money we may not have. Help protect your peace of mind and your pocket book by focusing on what matters most this holiday season. You may realize that you need to shift your mindset from the mall to something more meaningful.

*We want your feed-back about the Wellness Newsletter. Please e-mail us at [wellness@aaomerica.org](mailto:wellness@aaomerica.org) with any wellness tips or healthy recipe ideas.*