

# HEALTHY LIVING

Wellness Newsletter from **AAOA**

AAOA HEALTHCARE

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# Making Goals, Not Resolutions

Help yourself to feel empowered this year by making goals that you will stick to throughout the year.

It's that time of year again when everyone makes their New Year's resolutions. From fitness, to career, to finances, to relationships and beyond; New Year's resolutions will be posted, blogged, and shared as quickly as they will be forgotten. The New Year's resolution today has evolved to be more humorous rather than an empowering call for change.

For those that really want to make a change this year, set defined goals and timelines for what you want to accomplish. Write the goals down. Decide what steps you will need to take to complete your goals and what time frame you will need to complete your goal. Then post your goals somewhere you can see them and see the steps to meet them everyday.

If you are concerned about staying motivated, find a trusted friend and share your goals with them. Then meet regularly to check your progress. Remember, resolutions have become guidelines whereas goals are your commitment to yourself.

Find ways to set your 2013 wellness goal by using the AAOA Wellness program at [myaaobenefits.com](http://myaaobenefits.com)

## Overcoming Your Exercise Obstacles

Here are the top seven exercise barriers and ways to hurdle over them:

- 1. No time.** Spend a week identifying 30-minute time slots that you can set aside for exercise. Then mark your day planner accordingly.
  - **Travel for work.** Chose a hotel with a fitness center or pool. Pack a bathing suit and a pair of sneakers.
  - **Family obligations.** Fit in exercise with the kids. Play together. Find time to work out when the kids are at school or staying with a friend.
- 2. Lack of support from family of friends.** Tell your family or friends that you want to be more active. Ask them to support your efforts.
- 3. No energy.** We all have times when we are more energetic. Try and select a time of day when you have more energy to enjoy your work out.
- 4. No will power.** If you're saying this, you may need to write yourself a contract. It may be as simple as writing down a time to exercise in your calendar or date book. You are more likely to do it if you write it down.
- 5. Fear of injury.** Talk to your doctor first to get the go-ahead to exercise. If it has been some time since you've exercised regularly, start out slowly so you don't get hurt.
- 6. Lack of skill.** If you can walk, you can exercise. In fact, you can build an entire exercise routine around walking. If you always wanted to learn to swim or play tennis, now is the time.
- 7. Lack of resources.** This barrier may be money related or location. You don't need to join an expensive gym to exercise. All you need is a pair of sneakers or comfortable walking shoes. And don't let winter keep you from staying in shape. Take your walking routine to the mall or work out in the privacy of your home to your favorite aerobics DVD.

You probably know that exercise has many benefits such as warding off heart disease and diabetes. So don't let these excuses keep you from cashing in on the fun and healthy returns. Check with your doctor to find out what a good activity level is for you, and then quit making excuses!

# Top 10 Super-Nutritious Foods

Improve your family's eating habits by including the following "superfoods" in your weekly meal plans.



**Avocados:** Aside from the occasional guacamole or cobb salad, many people avoid avocados because of their high fat content. But the type of fat in this luscious fruit is the heart healthy monosaturated type. Avocados are also a rich source of fiber (7 grams in half a medium-sized fruit), vitamins E, C, B-6, folate, K, and potassium.



**Apples:** Don't think of apples as a super food? You may not know they are a rich source of many antioxidants as well as vitamin C. Along with pears and berries, they are also one of the highest-fiber fruits. Just remember to leave their skin on.



**Barley:** Barley is an often overlooked whole grain. Its high soluble fiber content makes it desirable for helping to prevent heart disease and manage blood sugars. Be sure to look for hulled barley, which retains most of the bran and germ of the whole grain.



**Berries:** Berries are a great source for antioxidants as well as vitamin C and potassium. They also contain higher amounts of fiber than most other fruits.



**Leafy Greens:** Greens make up a family that includes spinach, collards, kale, bok choy, arugula and romaine. Leafy greens have the distinction of being the most nutrient-dense veggies for the least amount of calories. They are also good sources of calcium, potassium, folate, fiber, iron, magnesium, B vitamins, vitamin C and vitamin K.



**Omega-3 Rich Fish:** Eating fish (especially fatty fish high in omega-3) at least two times a week may help cut your risks for heart disease and stroke. Studies are underway to see its effect on Alzheimer's and arthritis. Choose wild salmon, herring, sardines, and mackerel.



## Beans (includes beans, split peas, and lentils):

Beans combine the dynamic duo of protein and fiber. Specifically, they are high in soluble fiber, a type of fiber that can lower your risk for heart disease and help control blood sugars. Other noteworthy nutrients include B vitamins, iron, magnesium, potassium, and zinc. Beans are also surprisingly high in calcium.



**Mushrooms:** Mushrooms may not seem like they have much to offer on the nutrition front, but they are loaded with vitamins, minerals, and fiber. Several potential cancer fighting substances have also been found in shiitake mushrooms. Purified forms of these substances are being studied to see their effect on stomach and colorectal cancer. More research is needed.



**Nuts and Seeds:** Nuts and seeds are good sources of monosaturated fat. These fats can help lower your cholesterol if you substitute them for saturated fats. The protein, fiber, and healthy fat content of nuts and seeds provide a feeling of being full that can keep you from overeating. Nuts contain magnesium, vitamin E, fiber, riboflavin, iron, calcium and vitamin E.



**Pomegranates:** Pomegranates can be a little tricky to eat, but they are well worth the effort. Pomegranates have up to three times the antioxidants of red wine and green tea. They are also rich in vitamin C and potassium.

# Salmon Pasta Salad

A healthy dose of omega-3s



## Ingredients

- 1 T olive oil
- 8 oz salmon fillet
- 6 oz pasta of your choice (preferably whole-wheat or blended whole-wheat)
- 1 cup cooked asparagus – cut into 2 inch pieces
- ¼ cup raspberry vinegar
- ¼ tsp black pepper
- 1 clove garlic, minced
- 1 cup raspberries
- Lettuce leaves
- 2 scallions
- 2 Tbsp olive oil
- 1 Tbsp honey mustard
- 2 tsp sugar

## Directions

1. In a small bowl, whisk together raspberry vinegar, olive oil, honey mustard, sugar, garlic, and pepper.
2. Rinse fish and pat dry. Brush 1 Tbsp of vinaigrette onto fish. Cover and chill the remaining vinaigrette.
3. Preheat broiler. Spray an unheated rack on a broiler pan with cooking spray. Broil fish 4 inches from heat until fish flakes easily when tested with a fork. Allow 4 to 6 minutes per half inch thickness. Turn once halfway through.
4. Meanwhile, cook pasta according to package directions, adding the asparagus for the last 2 minutes. Drain; rinse with cold water. Drain. Return pasta to pan.
5. Add reserved vinaigrette; toss gently to coat. Flake cooked salmon and add to pasta along with berries. Sprinkle with scallions.
6. Toss gently to mix and serve on lettuce.

## Nutrition Facts

Yield 4 servings

Amount Per Serving	
Calories 368	Carbohydrate 41g
Fat 14g	Dietary Fiber 4g
Sodium 42mg	Protein 18g

# How to Rev Up Your Metabolism

## Eat lots of small meals

- Split up your calories between breakfast, lunch, dinner and snacks.
- Don't make dinner your largest meal.
- Eat every three to four hours.

## Don't skip breakfast

- Eat a healthy breakfast to jumpstart your metabolism.
- Have breakfast within two hours of waking. Studies show that if you do this, you are more likely to control your weight.
- Don't let coffee ruin your appetite.

## Never starve yourself

- Don't skip meals. Going long periods of time between meals each day may slow your metabolic rate.
- Stop dieting. The same metabolic slowdown that kicks in when you skip breakfast also works against you whenever you drastically cut back on the amounts of food you eat.
- Don't take in too few calories or your body will try to store more fat.

## Don't eat late at night

- Your metabolism is slowest in the evening, so don't overeat then. Give your body at least three hours before bedtime to digest.
- If you do the late shift at work, your metabolism will fall in line with your eating and sleeping schedule, not the clock.

## Eat protein with almost every meal/snack

- Eating protein boosts your metabolism more than carbohydrates or fats.
- Eating enough protein will help you maintain and build muscle mass.
- Good sources of low-fat protein include lean meats, turkey breast, skinless chicken breast, fish, cottage cheese, low-fat yogurt, tofu and beans.

## Balance your other nutrients

- Choose whole-grain carbohydrates instead of refined.
- Eat enough healthy fats. These include avocados, olive oil, nuts and seeds, natural peanut butter, ground flax seeds and fatty fish.
- Round out your diet with plenty of fruits and vegetables.

## Exercise

- Exercise to burn calories and speed up your metabolic rate.
- Move your body to stimulate fat-burning enzymes to break down fat.
- Do aerobic exercise (at least 30 minutes) four or five times a week.
- Do strength training at least twice a week.

## Don't Let Negative Thoughts Get You Down!

### Staying Positive

Do you ever feel frustrated with your weight loss efforts? Do you find yourself thinking negative thoughts? Do you ever feel like you want to give up?

It's common to have these negative thoughts, but you can succeed.

- Retrain your brain to change negative thoughts into positive ones.
- Focus more on developing health eating and exercise habits instead of your weight.
- Be realistic. Set goals that are reachable. Don't expect the unexpected from yourself.
- Don't give up. Remind yourself that you can succeed no matter how difficult it may seem.
- Think about your efforts. What could you do differently for better results?
- Remind yourself daily on why you want to succeed. What is your motivation?

## JANUARY WELLNESS TIP



**Sheridah Bennett**  
(AAOA Wellness Champion)

### Healthy Quick Tip

## Keep Motivated with Small Steps

Do you make a New Year's resolution that starts off going really strong, but then falls flat by mid year? Maybe this year, rather than just making a large and overarching New Year's resolution, make small weekly or monthly goals that will help you reach your New Year's resolution. Not only will making mini goals help to keep you on track towards your New Year's resolution, but it will help to keep you motivated through out the year.

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