AAOA HEALTHCARE

HEALTHY LIVING Wellness Newsletter from AAOA

2015 JANUARY

10 Kid Friendly Resolutions Page 2

inside

Cooking for One: Eat Well & Enjoy Put the Kettle On: It's Teatime (Page 3) (Back)

Wellness Tip (Back)

Savory Chickpea Chili

Warm up on those Chili Nights.

(Back)



Let it Go

3 Good Reasons to Let Go of Perfection

(Page 3)

Articles on health and wellness, as well as those on UnitedHealthcare programs and services, are provided by and copyrighted by UnitedHealthcare. They may not be altered or reprinted without permission. All other information is provided by AAOA Healthcare.

Happy New You! 10 Kid Friendly Resolutions

You've got the confetti and kazoos. But here's another way your family may want to ring in the new year: *with a resolution or two.* show kids that reaching for specific and realistic goals can be enjoyable and rewarding.

All Together Now

As the year draws to a close, it's a great time to think about positive change — how to grow and thrive in the coming months. And if you're a parent, you have a great opportunity. You can Ready to set some resolutions? Encourage kids to make their goals about trying new things — or giving to others. And keep the focus on fun. That can help them develop a positive outlook about goal setting.

Here are a few ideas to get your family started:

For the Elementary Aged Children

- Choose 5 toys you don't use to donate to charity.
- Spend 30 minutes reading every day.
- Try to be a friend to someone who needs one at school.

For Teens

- Start keeping a gratitude journal.
- Try out for a new team or club at school.
- Volunteer at a local animal shelter once a week.

For the Whole Family

- Spend one screen-free night a week doing a fun activity together.
- Do a 5K walk for charity.
- Eat at least 4 meals a week together.
- Pick one new fruit or veggie to try each month.



Making It Work

- Be specific.

semester."

small steps.

To help resolutions stick, encourage your crew to:

For instance, "I'll exercise

for a team sport next

Break big goals into

family wants to ride in a

For example, maybe your

distance bike race. Start with

more" becomes "I'll sign up

shorter rides and gradually build up.

- Support and cheer each other.

One idea: Break out the markers and glitter. Let kids create colorful progress charts to post on the fridge.

Above all, be positive and make sure kids understand that setbacks happen. Remind them that it's about effort and progress, not perfection.



The Buzz on Tea and Caffeine

Are you sensitive to the effects of caffeine? Here are a few good facts to know:

• Brewed tea usually has less caffeine than brewed coffee. For example, a typical 8 ounce cup of tea has 20 to 60 milligrams compared to 50 to 300 milligrams in a cup of coffee.*

• Oolong, green and white teas have less caffeine than black. You can also find decaffeinated varieties. On the label, caffeine that occurs naturally won't appear in the ingredient list, but if it has been added by the manufacturer, it must be listed.

Cooking for One: Eat Well & Enjoy

"Oh, the pleasure of eating my dinner aloné'

- Charles LambTable

For One, Please Whether you dish up for one or 100, many of the basic strategies for wholesome cooking remain the same. Sketch out balanced menus in advance. Shop ahead and use a grocery list. Stay organized.

If you regularly need single servings, it can be a little trickier. You don't want to end up with mounds of leftovers or food that goes bad in the fridge, or eat more than you intended. Here are five get-set tips for fast and fabulous fare for one:

1. Befriend Your Freezer. Cook full recipes of your



favorite healthy dishes. Then freeze them in individual portions. Be sure to label and date the containers. Reheat them when time is tight or vou're not in the mood to cook.

2. Stock Up on Starters. Keep easy-and-quick proteins on hand, such as eggs, canned lowsodium beans and water-packed tuna. Add

veggies or fruit and a whole-grain bread or tortilla. Now you're on your way to a filling and healthy meal.

3. Dip Into the Bulk Bins. You might find dried fruit, nuts, spices and more. No need to buy a pound when a pinch or palmful will do.

4. Survey the Salad Bar. Grocery store salad bars

are a great place to buy small amounts of meat and veggies. Many are already cubed or sliced ready for an omelet, soup or stir-fry.

5. Cook Once, Eat Twice. Plan for leftovers, then give them a fresh spin. For instance, tonight's extra chicken breast becomes tomorrow's chef salad. You won't get bored and nothing goes to waste.

You're Worth It

When you have the time, make yourself something extra special. Try a new recipe. Or treat yourself to a classic favorite.

When you dine, slow down and savor the moment too. Set the table. Light a candle. Put on some mellow music. These pleasant touches can feed your spirit, not just your stomach.

3 Good Reasons to Let Go of Perfect See how easing up may offer some pretty positive perks.

Perfect is always better than good, right? Some of us have a little voice inside that likes to keep telling us so; and it isn't always right.

The next time that stickler in your head starts nagging needlessly, stop and remind it that letting go of perfection just might help you:

1. Learn and Grow

Even world-class musicians likely weren't note-perfect the first time they picked up a violin or sat down at a piano. Allowing ourselves to make mistakes and keep trying is a key to gaining new skills.



Sometimes things just don't go as we like; from taking a wrong turn off the freeway to disappointing someone we love. Each misstep and how we respond adds to our experience and wisdom.

2. Enjoy the Journey There's nothing wrong with having high standards. It means we

value quality and want to do our best, but it can also cause us to fret about failure and the future. When we let go of the need to be perfect, it can help us stay in the moment and feel less stressed and more creative.

3. Connect and Respect We all make mistakes; and remembering that can help us be kinder to ourselves and others too.

Instead of wishing people would change, try to celebrate what's unique about each other. After all, there's nothing like knowing you're appreciated for your successes, slipups and all.



When 2 Beats 1

One pot is great for cooking, but when it comes to food prep, use at least two cutting boards. One for fresh produce and one for raw meat, poultry and seafood. This helps keep bacteria from spreading to your ready-to-eat foods. Get more smart kitchen tips from FoodSafety.gov.

Put the Kettle On: It's Teatime

Learn what's brewing in this age old cup of contentment.

3LACK

OOLONG

GREEN

WHITE

All true teas are made from the leaves of one plant: Camellia sinensis. The various types of tea are the result of how it's processed.

The brews fall into four broad categories based on how they're made:

True-Brew Benefits

Tea is packed with potent antioxidants called polyphenols. It's been suggested that tea helps protect against certain cancers, but experts say more research is needed. The evidence may actually be stronger for its boost to heart health, including:

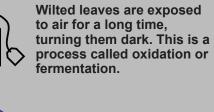
- Lower blood pressure Reduced cholesterol
- levels
- · Decreased risk of heart attack

There's no easy answer to which type of tea is best. Each offers a

unique mix of healthy compounds. So varying your brew may be the best strategy.

What About Herbal Teas?

Technically, they aren't teas, they're infusions. They don't come from the Camellia sinensis plant. Rather, they're made by steeping dried bits of other plants, such as flowers, herbs or fruits, in hot water. They may not share all the health benefits of real tea, but most do contain healthy plant chemicals and are flavorful and calorie-free too.*



Wilted leaves are exposed to air - but for less time than for black tea.

Fresh leaves are steamed quickly at high temperature without air exposure.

Young leaves and buds are steamed and dried right after harvest - with minimal air exposure.

*Some herbal teas may have ingredients that can be harmful to certain people, such as pregnant women. To be safe, talk with your doctor about any herbal products you take.



Olive Oil

- Chopped Green Bell Pepper and Onion
- Frozen Corn
- Water or Low-Sodium Chicken Broth
- · Canned, Los Sodium Diced Tomatoes and/or Tomato Sauce
- · Canned, Low-Sodium Garbanzo Beans (Chickpeas)
- Butternut Squash, Peeled and Cubed
- Cumin Powder
- Chili Powder

AAOA HEALTHCARE

www.myaaoabenefits.com www.aaoamerica.org www.aaoahealthcare.org

Directions

1. Heat a little olive oil. Sauté green pepper, onion and corn for about 5 minutes.

2. Add water or broth. tomatoes and/or sauce. beans, squash, cumin and chili powder. You can vary the liquid base in how thick you want your chili.

3. Let simmer for 20 minutes, stirring occasionally.

If you like your chili spicy, season to taste with hot sauce. Serve with whole grain rolls.



Nutrition Facts Yields 4 Servings

Amount Per Serving	
Calories 235	Fiber 6.6g
Fat 8.2g	Protein 6.8g
Sodium 335.8mg	Carbohydrates 35.4g

(425) 968.0545 (866) 968.0545 (Toll Free) 10510 NE Northup Way, Suite 200 Kirkland, WA 98033

JANUARY WELLNESS TIP



Sheridah Bennett (**AAOA** Wellness Champion)

Wellness Tip

Whoops! No Worries

If your family's goals get off track, don't sweat it. Recommit and restart. After all, resolutions can begin any time of the year, not just on January 1. Your example can help teach kids to stay positive and be resilient.

We want your feedback about the at wellness@aaoamerica.org with any