

HEALTHY LIVING

Wellness Newsletter from **AAOA**

July 2013

Hello Griller:

Put Food Safety on the Menu
(Page 2)



Mixed Berry Parfaits

Cool Treat for a Warm Day

(Page 2)



Wellness Program

Fitness Reimbursement Program

(Back)

Mixed Berry Parfaits

Cool Treat for a Warm Day



Ingredients

1 box (3 oz.) wild strawberry gelatin
1 cup each strawberries, blueberries
and raspberries

2 cups prepared vanilla pudding

Preparation

Planning Tip: Steps 1-4 can be done up to 2 days ahead.

1. You will need five 10 oz. glasses.
2. Prepare gelatin as box directs. Refrigerate, occasionally stirring gently (try not to create bubbles), for 30 minutes or until the gelatin is the consistency of egg whites.
3. Meanwhile, stem and hull 1/2 cup of strawberries; cut into small pieces. Combine with 1/2 cup each blueberries and raspberries. Divide fruit mixture among glasses.
4. Add gelatin and gently stir with a skewer to incorporate berries so some are suspended in the gelatin (don't over stir). Refrigerate for 3 hours or until set.
5. Spoon pudding on top of gelatin. Stem, hull and slice remaining strawberries and mix in a bowl with remaining blueberries and raspberries; spoon over pudding.

Nutrition Facts

Yields 5 servings

Amount Per Serving

Calories 207g	Carbohydrates 44g
Fat 3g	Saturated Fat 1g
Cholesterol 0g	Protein 3g
Sodium 222mg	Fiber 3g

Hello Grillers:

Put Food Safety on the Menu

Nothing says summer like a backyard cookout, but to make your barbecue a success, you need more than a secret sauce recipe and a sizzling grill.



Well Done Grill Master!

Here are five food-safety tips to remember when you're set to barbecue:

1. **Clean the slate.** Before cooking, give your grill grates and utensils a thorough scrubbing with hot, soapy water.
2. **Handle with care.** Keep uncooked foods — particularly raw meats and their juices — separate from cooked foods at all times. Use different cutting boards, platters and utensils. And, don't forget to wash your hands before and after touching raw foods.

3. Ban the burn. Charred meat can contain chemicals that may increase cancer risk. Here are ways to reduce this unhealthy scorching:

Before: Marinate animal proteins — such as beef, poultry and fish. This can help prevent cancer-causing substances from forming. Also, trim any fat. This will help reduce flare-ups from dripping grease.

During: Grill over indirect heat — out of any flames. Flip foods often.

After: If foods do get charred, cut off the burned parts before serving.

4. Check the temp. Keep raw meats in the fridge until they can go straight on the grill. Then, use a meat thermometer to

check the internal temperature. It is the only way to know if you have cooked meats long enough to kill bacteria that make people sick.

To be safe, cook foods to at least the following temperatures:

Steaks	Hamburgers	Poultry
145 F	160 F	165 F

Then allow meats to rest - to sit without craving or consuming - for 3 minutes

After meats are cooked, keep them warm by moving them to the edges of the grill — away from the coals and flames. Or, put them in an oven set at 200° F until it is time to eat.

5. Chill after you grill. Refrigerate any leftovers right away. If perishable items have been sitting out too long, toss them. That is one hour on days when the temperature hits 90° F or above — or two hours max on cooler days.

More cool tips

If you are serving cold salads and condiments, place the containers in larger bowls of ice. This will help them stay chilled.

And, for a wealth of information on keeping food safe, visit www.FoodSafety.gov.

Get Out of Your Seat — And on Your Feet!

Perhaps you have seen news reports suggesting that sitting too much may be bad for your health.

Spending hour after hour seated each day has been linked to heart disease, diabetes, cancer and early death. And, sitting for long periods seems to be a problem even if you get regular exercise.

Be On Your Toes

Many of us sit to do our jobs — which may be hard to avoid, but if you need to be seated at work, you may be able to find other creative ways to get more time on your feet.

And, even short bouts of standing or activity may help. Here are a few ideas that may inspire you to spend more time on your feet:*

Try to spend less time sitting while at home.

Adjust areas around your home for standing. For example: You might add a crate or box to your desk to set your laptop on. Or, designate a spot at a kitchen counter or island for paperwork. You could use it to pay bills or write notes, for instance. If you usually fold laundry sitting on the couch, move this chore to the dining room or kitchen table.

Keep your breaks active. Head out for a quick walk — or do push-ups against the wall.

Eat your lunch — or enjoy a cup of tea — standing at a high counter.

Act out story time for your little ones. Or, read that last chapter of your book on your feet.

Stand and pace when you can — while talking on the phone, for example.

Take a few minutes to get up and move every hour or so, if possible. Set the timer on your watch, smartphone or computer — or post a note to remind you.

Ask a co-worker to walk with you if you are scheduled for a short one-on-one meeting. Or, in a crowded room, give up your seat.

Need to talk with your spouse or child? Stand in your kitchen. Or, better yet, chat during a walk around the block.

Do not take a seat on the subway or bus. And, if you travel by air frequently, try to spend the majority of each layover on your feet.

**Talk with your doctor before significantly increasing your activity level. Women who are pregnant or people with certain health conditions or injuries may be advised to avoid prolonged standing.*

A Kinder, Happier Life Think Small

It does not take large — or time-consuming — acts of generosity to brighten someone's day. Everyday actions count too. You might simply smile at a co-worker who looks a bit down. Or, let a mom with a toddler in tow cut in front of you at the post office.

Who knows? You may just set off a chain reaction of kindness around you.

Health Buzz

Texts for a Smoke Free Future

Here's a question: How can a cell phone make you healthier?

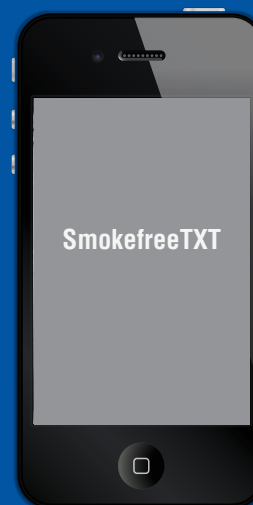
The answer: When it delivers messages that can help you stop smoking.

Get the TXT

SmokefreeTXT is a program created by the National Cancer Institute to support teens and young adults who want to stop smoking. The texts deliver tips and advice from experts.

Research shows that when people want to quit smoking, getting encouraging text messages can help. In fact, one study found that the texts more than doubled the success rate of people trying to kick the habit.

Using SmokefreeTXT is easy. Here is all there is to it:



Sign up online at www.smokefree.gov — or text the word QUIT to 47848.* Answer a few questions. Pick a quit date.

You can also visit www.smokefree.gov for more stop-smoking tips.

*The program is free. But, message and data rates may apply depending on your cell phone plan. You can also limit the number of messages you receive. Learn more at smokefree.gov.

United Healthcare Fitness Reimbursement Program



The United Healthcare Fitness reimbursement program offers money back to members who go to a participating fitness center on a regular basis. It is a fun way to encourage healthy behavior and earn a credit of \$20 per month - up to \$240 per year. Eligible participants include subscribers and enrolled spouses, and they must work out at a contracted fitness center at least 12 times per month. You can even nominate your local fitness center to participate in the program at www.uhctogether.com/uhcwellness.

L.A. Fitness Has Joined the Fitness Reimbursement Program!

Update: L.A. Fitness is now a participating fitness center for the United Healthcare Fitness Reimbursement program. For everyone who has been waiting, the wait is finally over. Go online to check out the new addition to the fitness reimbursement program at www.uhctogether.com/uhcwellness. If you belong to another gym, see if your gym is a participating member. If so, then sign up to participate in the program that pays you back for getting fit!

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JULY WELLNESS TIP



Sheridah Bennett
(AAOA Wellness Champion)

Wellness Tip

Airport Adventures

Have a long layover at the airport? Pick up your bag and take a walk around the terminal and explore. This will help you get a few extra steps in before your flight. You might even find some interesting shops or artwork that airports have added to improve your travel experience.

We want your feed-back about the Wellness Newsletter. Please e-mail us at wellness@aaoamerica.org with any wellness tips or healthy recipe ideas.