

# HEALTHY LIVING

Wellness Newsletter from **AAOA**

**JULY 2014**

## Sun Safety 5 Everyday Rules to Teach Kids



### Turkey Roll-Ups

Try a protein-rich source  
that will fill you up without  
over doing calories.

(Page 2)



### Leave Fireworks to the Pros

Some things are best  
left to the experts.

(Page 3)

## Turkey Roll-Ups



Don't fill your day with empty calories between meals. Instead, snack on a protein-rich source that will fill you up without overdoing the calories.

### Ingredients

- 2 oz. sliced low-sodium roasted turkey breast
- 4 teaspoons light herb cheese spread (or use light cream cheese and sprinkle it with seasoning blend)
- 1/2 carrot, cut into about 4 thin sticks (thin celery sticks can also be used)

### Preparation

Lay out turkey breast slices (about four). Spread about 1 teaspoon of the herb cheese spread over each turkey slice (if using light cream cheese, spread it over the turkey slices and then sprinkle the herb blend lightly over the top of the cream cheese). Set a carrot or celery stick on one end of the turkey slice and roll up.

### Nutrition Facts

Yields 4 Servings

Amount Per Serving

Calories 214 g	Fiber 3.5 g
Fat 7g	Protein 21g
Sodium 260mg	Carbohydrates 16 g

# Sun Safety

## 5 Everyday Rules to Teach Kids

Make sure sunscreen use is a part of your family's daily routine and as soon as kids can understand, teach them good sun safety habits.

### Rule No. 1: Block It Before You Bare It

Get your kids in the habit of applying sunscreen. Look for broad-spectrum products that protect against both UVA and UVB rays. Be sure they have an SPF (sun protection factor) of at least 15. Many experts recommend an SPF of 30 or higher. Whatever kind of sunscreen you choose be sure to read and follow the directions on the label.

Help kids put on a generous amount of sunscreen and make sure it covers all exposed skin. For the best protection, apply it 15 to 30 minutes before heading outdoors. Don't forget some commonly overlooked areas: the ears, the nose and the tops of the feet. Finish with a lip balm that contains sunscreen.

One exception to this rule: Don't use sunscreen on babies younger than 6 months old. Keep them covered up and in the shade instead. If avoiding the sun isn't possible, use a small amount of sunscreen on exposed areas, such as the face and the backs of the hands.

### Rule No. 2: Slather, Play, Repeat

When outdoors, kids need to reapply sunscreen every two hours and more often if they're sweating or spending time in the water.

### Rule No. 3: Cloudy or Bright, Sunscreen is Right

The sun's rays are present even in cool, cloudy conditions. So, make sure kids understand that sunscreen should be used year-round. That's whether they're playing soccer in the fall, skiing this winter or running on the track team next spring.

In fact, the sun's rays can even be stronger when they reflect off snow; and that's true for water and sand, too!

### Rule No. 4: Cover Up, Too!

The less skin that's exposed to the sun, the less damage UV rays can do. So, if the weather allows, encourage kids to wear pants and long-sleeved shirts outdoors.

A wide-brimmed hat is also a good idea — it can help protect the face, ears and neck. Make sure kids take along sunglasses to shade their eyes and surrounding skin.

### Rule No. 5: Steer Clear of the Danger Zone

The sun's midday rays tend to be strongest. So, if possible, encourage kids to get their outdoor fun in before 10 a.m. or after 4 p.m. — or to seek out the shade if they'll be out at midday.

# Taking a Trip?

## 4 Timely Tips for Comfort and Health

Traveling is often an adventure, sometimes a treat and occasionally a hassle, but it doesn't have to be a pain.

When you're heading out on a trip — whether by plane, car, bus or train — keep this body-friendly advice in mind to stay healthy, energized and ache-free.

### 1. You've Got to Move It, Move It

Sitting for long stretches of time can lead to travel aches and pains. It may also slightly increase the risk of blood clots forming in the legs.\*

Take regular breaks to move around. When you're a passenger and need to stay seated, try stretching in your seat. Extend your legs — and flex your ankles. Or, pull one knee toward your chest. Hold it there for about 15 seconds. Switch legs. Repeat about 10 times.

Or, maybe you have a long layover. To make the most of your time, explore the terminal. Some airports even have designated walking routes.

### 2. Build Your Own Snack Pack

Plan ahead and have some added fuel on hand. Put healthy snacks into single-serving baggies. On the road, use ice packs for items that need to be chilled.

### 3. Take H2O to Go

Staying hydrated is important, especially if you're flying. The air in planes tends to be dry. So, drink enough water. It'll help you avoid dehydration and keep your energy up.

A budget-friendly tip: Carry an empty water bottle with you. You can fill it after you go through security.



### 4. Dodge Jet Lag Drag

Crossing time zones can throw your body clock out of sync. If possible, get plenty of sleep before you set out. Try to switch to local mealtimes and bedtimes during your stay.

### More Wise-Traveler Tips

Keep any medications you need with you and in their original packaging. If you have a health condition, ask your doctor if you need to take any additional steps for safe travel.

Also, check your benefits plan to find out how to get health care if you're sick or hurt when you're away from home. Make sure you carry your health plan ID card with you.

*\*Certain factors and conditions — including pregnancy, a history of blood clots, use of oral contraceptives and obesity — increase the risk of travel-related blood clots. Talk with your doctor about your risk — and what measures should be taken for air travel.*

## Ahhh! Ohhh! Leave Fireworks to the Pros

Some things are best left to the experts. That includes fireworks.

When set off by professionals, they can be exciting and captivating, but an accident at home can turn a celebration into a tragedy.

### Safe fireworks? No Such Thing

Just because a type of firework is common or legal such as firecrackers, bottle rockets and sparklers doesn't mean it's safe. In fact, most injuries are from legal fireworks.

Mishaps can result in burns, eye injuries, lost limbs and even death. And, kids ages 5 to 14 are at the highest risk, says the National Fire Protection Association. To enjoy fireworks safely, let those with proper training handle the show.





# Declare Your Independence from Smoking

It's the time of year to let freedom ring and celebrate our liberty.

Quitting smoking isn't easy — and it often takes several tries, but more than half of all adults who've ever smoked have quit. If they can, so can you!

## Start With a Commitment

How about making this the month you plan your strategy to quit for good? Here are some ideas that can help you take your first steps toward a new smoke-free life.

Or, perhaps you want to kick a smokeless tobacco habit. Many of these strategies can work for that, too.

**Step 1: Rally 'Round Your Reasons.** You're more likely to stop smoking if you really want it. So, think about — and write down — your top motivators.

Maybe that's your health — to be there for your family — and to protect the ones you love from secondhand smoke. And, your list might include not smelling like an ashtray, having a brighter smile and saving money. To see how those dollars can add up, check out the savings calculator at [smokefree.gov](http://smokefree.gov).

**Step 2: Pick a Proven Path to Quitting.** Ask your doctor for advice. He or she may suggest you consider:\*

- Counseling or classes. Individual, group, telephone or online sessions or programs may help you identify and overcome your smoking triggers.
- Nicotine replacement therapy — gums, patches, lozenges, inhalers or nasal sprays — may reduce cravings and withdrawal. Certain types of prescription medications may also help.
- A combo approach. Counseling and nicotine replacement or medication may be most effective when used together.

**Step 3: Prepare for the Big Day.** When you're ready, choose a quit date — and mark it on your calendar. To help stick with it:

- Tell others you need their support.
- Set the stage. Before the big day, rid your home and car of tobacco products.
- Hang in there. If you slip up, don't give up. Reaffirm your commitment — and remind yourself how great it will feel to be a nonsmoker!

*\*Check your benefit plan to see what services may be covered. And, talk with your doctor about the risks and benefits of smoking cessation medications.*

## AAOA HEALTHCARE

[www.myaaoabenefits.com](http://www.myaaoabenefits.com)  
[www.aaoamerica.org](http://www.aaoamerica.org)  
[www.aaoahealthcare.org](http://www.aaoahealthcare.org)

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

## JULY WELLNESS TIP



Sheridah Bennett  
(AAOA Wellness Champion)

## Wellness Tip

### Heading to the Beach

Make sure to pack a couple of bottles of water, sunscreen, and a hat if you are headed to the beach this summer. A great way to remember what you need is to designate a backpack as the beach backpack. Load it with what you need and it keep it ready to go. When you come in from a day in the sun replace the water bottles, check your sunscreen and new dry towels and you are ready to dash in a hurry.

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