

HEALTHY LIVING

Wellness Newsletter from **AAOA**

JUNE 2015



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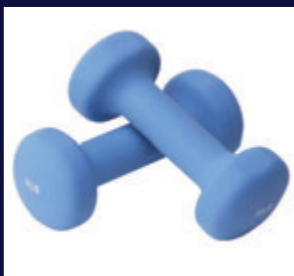
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Reap the Rewards of Exercise

No Matter Your Size



Starting a fitness routine can be daunting for anyone. And if you're currently overweight and inactive, you may feel uneasy or overwhelmed at the thought of it.

But remember this: Almost immediately, it can give you more confidence and energy — and help you feel less stressed.

It's one of the most positive changes you can make for your health. In fact, losing just 5 to 10 percent of your excess weight — with exercise and a healthy diet — could lower your risk of serious diseases, including diabetes and heart disease.

5 steps to kick off your new fit life

When you want to become more active, it's OK to begin slowly. With these small but powerful strides, you can create the healthy life you desire:

1. Start where you're at. The first steps forward may be the hardest, particularly if you're self-conscious about your body or fitness level. So begin by adding extra movement to your daily activities and look for little ways you can be more active on the job too.

2. Ease into exercise. You might start with low-intensity aerobic activities such as short walks or beginner exercise videos to do at home. You can gradually increase your efforts as you get stronger.

3. Pat yourself on the back! Maybe you're only able to exercise for a few minutes at first. That's OK. Congratulate yourself on what you can do — and remind yourself you're going in the right direction.

4. Seek support. Let friends and loved ones know about your goals and how they can help. Your good

example may even inspire others to be more active too.

5. Work up a sweat — and a smile. Make a point of trying new activities to find ones that give you pleasure. You'll be more likely to stick with activities you enjoy.

You've got this!

With each positive move you make, remind yourself that you're getting fit and healthy. Don't get discouraged if you have a setback — maybe you miss a day or two of exercise. That happens to everyone. Just allow yourself a restart and schedule that next workout.

Skin Cancer: Spot the Signs that May Mean Trouble

When it comes to your skin, familiarity breeds protection. Knowing it well can help you recognize changes that may indicate melanoma — the most deadly form of skin cancer. Melanoma is a serious disease. But, when it's detected and treated early, it is often curable.

Be on the Lookout

Many experts recommend regular self-checks. If you notice any new or changing spot on your skin, let your doctor know. And, when checking moles, freckles or other skin changes, remember the ABCDEs:

Other things to look for include areas that:

- Are rough, scaly or lumpy
- Look red or swollen
- Ooze or bleed
- Feel itchy, tender or painful
- Grow back after having been removed

These signs don't necessarily mean cancer but, it's always best to have them checked by your doctor.



A	Asymmetry	One half that doesn't match the other
B	Border	Irregular or ragged edges
C	Color	A mix of shades or color
D	Diameter	A width of more than 6 millimeters, about the size of a pencil eraser
E	Evolving	A change in the size, shape or color of a spot or the surrounding skin

Healthy Tip for Weight Management:

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.
- Keep protein intake anywhere from 0.5 gram to 0.8 gram of protein per pound of body weight.
- Good sources of low-fat protein include lean meats, turkey breast, skinless chicken breast, fish, cottage cheese, low-fat yogurt, tofu and beans.



QUINOA PILAF



Nutrition Facts

Yields 6 Servings

Amount Per Serving

Calories 254	Fiber 4g
Fat 6g	Protein 8g
Sodium 420mg	Carbohydrates 42g

INGREDIENTS:

- 1 T olive oil
- 1 medium finely chopped onion
- 1/2 chopped red bell pepper
- 1 clove minced garlic
- 1 T pine nuts
- 2 cups quinoa, rinsed
- 4 cups low-sodium chicken or vegetable broth
- 1/4 cup chopped parsley
- Salt and pepper to taste

PREPARATION:

In a large pot with a lid, heat oil and cook onions, red peppers and garlic over medium heat for 3-4 minutes. Add pine nuts and quinoa and cook another 1-2 minutes.

Stir in broth and bring to a boil. Reduce heat to low. Cover and simmer for 15-20 minutes until all broth is absorbed. Add salt sparingly and pepper to taste. Add parsley when done.

Your Summer-Fun Bucket List

When you were a kid, weren't the dreamy days of summer the best? You had time to play, explore and relax.

How about recapturing some of that youthful joy before another summer flies by? In the weeks to come, sprinkle your schedule with a few fun activities. Here are ideas you might put on your own personal list — or enjoy with the whole family:

Tour a local treasure. Plan an outing to a historic spot in your area. Visit Recreation.gov for ideas.

Find your way to a farm. Head to a pick-your-own produce farm or visit a local farmers market or roadside stand to gather some freshly grown goodies.

Seek a retreat. Find a quiet spot where you can linger on some cool grass with a good book or hang a hammock — and just watch the clouds roll by.

Play in the dirt. In a single pot or a bigger plot, grow flowers, veggies or herbs — and watch them come to life.

Take a trek. Grab a buddy — and explore a local walking path or hiking trail.

Picnic at the park. Pack some tasty nibbles — and head to a shady spot. Take along a football or flying disc for some post-meal play.

Get your game on. Set up lawn games, such as croquet or



horseshoes. Challenge your neighbors, friends or family to a mini tournament.

Enjoy old-fashioned fun at a fair. Visit the state or county fair. You might even enter your own handiwork!

Spot Orion. On a clear evening, do some backyard star-gazing. Better yet, pitch a tent — and make it an overnight campout.

Chill out with a frozen treat. Make your own fruit pops. or thread grapes on skewers — and freeze.

Make a splash. Jump into the nearest local pool or lake. Enjoy an old-school run through the sprinklers — or cool your heels in a backyard kiddie pool (no kids required).

Refresh with a twist. Add fruit nectars to your iced tea or give your summer lemonade a kick with a pinch of cayenne.

Is Snoring Affecting Your Relationship?

Snoring can keep you - and your partner - from getting a good night's sleep

Six out of 10 of adults say they snore. Most of them are men. While it's often the subject of jokes, snoring is no laughing matter for the couples it affects. The noise can impair the sleep quality of everyone in earshot - including the person snoring.

What causes snoring?

Anything that affects your air flow can cause snoring. The sound comes from the vibration of soft tissue in the back of the throat. When air tries to pass through a narrowed airway, the vibration is heard as snoring.

Snoring could be triggered by:

- Eating too much before bed
- Smoking
- Your sleeping position
- Alcohol, drugs, and/or sedatives
- Age - older people often snore because of weaker muscles
- Obesity
- Enlarged tonsils or adenoids
- Nasal congestion

Is it sleep apnea?

For some, snoring can be a sign of sleep apnea. With this disorder, the airways in your nose, mouth, or throat can close completely.

Breathing typically stops for 10 to 30 seconds. This can happen 30 to 300 times a night. Large tonsils, the tongue, or the uvula (the fleshy appendage in the back of your throat) may be the cause.

Sleep apnea can be dangerous. It increases your risk for heart attack, high blood pressure, and stroke. You're more likely to have it if you're male, overweight, or over age 40, but it can affect anyone.

Your doctor can help determine if your snoring is related to apnea. Or he or she may refer you to a sleep specialist for diagnosis and treatment.

Tips for a peaceful slumber

Mild or moderate snoring that is not caused by an underlying chronic condition can often be relieved with some of the tips below.

- **Lose excess weight.** Extra body weight, especially around the neck, puts more pressure on breathing passages. Even a modest weight loss can help ease snoring.
- **Avoid cigarette smoke.** Kick the habit if you do smoke and avoid secondhand smoke if you don't. It may reduce nasal and lung congestion that may be causing snoring.
- **Avoid sleep aids, alcohol, and cold medicines.** They can cause the throat muscles to relax, which can lead to snoring.
- **Avoid large meals before bed.** A full meal puts pressure on the diaphragm which limits breathing passages.
- **Run a humidifier.** This may help stop snoring for some.
- **Elevate your head.** Sleeping with your head slightly raised takes some pressure off the airway. Try putting blocks under the bedposts at the head of the bed, or prop yourself up with pillows.
- **Sleep on your side.** Snoring is more likely if you are lying on your back. Try tying a tennis ball or other soft object to your back to keep you sleeping on your side.
- **Try nasal strips.** Over-the-counter nasal strips may give you relief if you're congested.

If you snore heavily, it's best to see your doctor for a thorough exam. Snoring can signal underlying health problems, such as sleep apnea, metabolic syndrome, diabetes, and heart disease.



According to the National Heart, Lung, and Blood Institute, more than 12 million people in the U.S. have sleep apnea.

AAOA HEALTHCARE

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JUNE



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(AAOA Wellness Champion)

Wellness Tip

Go for Pedal Power

If you have a reasonably short and safe commute, consider biking — or even walking.* It's a three-for-one special: You'll get where you're going, you'll fit in regular exercise and you'll be doing something nice for the environment, too.

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

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