

HEALTHY LIVING

Wellness Newsletter from **AAOA**

May 2013



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Chicken Satay Salad Wraps



Ingredients

- 1 rotisserie chicken, skin removed, meat pulled
- 1 large cucumber, peeled and chopped
- 1 cup shredded carrots
- 1 large red bell pepper, chopped
- 1 large yellow bell pepper, chopped
- 1 Tbsp sugar
- 1 Tbsp minced, peeled, fresh ginger or 1 tsp dried
- 3 Tbsp fresh lime juice
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp red pepper flakes
- 1 garlic clove, minced
- 3 Tbsp creamy peanut butter
- 2-3 Tbsp water
- 1/3 cup chopped fresh cilantro or parsley
- 8 (8") fat-free whole-wheat flour tortillas
- 8 large lettuce leaves

Preparation

1. Shred the chicken into bite-sized pieces. Place the chicken, cucumber, carrots, and bell peppers in a large bowl.

2. Make the dressing by adding the sugar, ginger, lime juice, soy sauce, red pepper flakes, and garlic in a blender until smooth. Add peanut butter and water; process until smooth. Add the peanut dressing to the chicken, stir in the cilantro, and mix well.

3. To assemble, place a large lettuce leaf on each warm tortilla and fill with chicken mixture. Roll it up and enjoy.

Nutrition Facts

Yield 8 servings

Amount Per Serving

Calories 209g	Carbohydrates 27g
Fat 65g	Saturated Fat 1.3g
Cholesterol 37mg	Protein 17g
Sodium 273mg	Fiber 3g

Making the Most of Your Health


A Guide Just For Women


As a woman, there's a lot you can do to stay healthy including maintaining or improving your health and preventing disease. Read these healthy lifestyle tips to help you do just that!


Age Ranges


20's	30's	40's	50's PLUS
Create healthy habits	Make your health a priority	Stay healthy	Embrace change

LIFE STYLE




 In your 20's, you may not think about your health much. You're young, active and generally healthy. Remember that regular preventive care, plus a good diet and exercise, can help you stay healthy today and for the future.

 Your life is busy — even busier if you have young children. It is hard to find time for exercise, and you may choose fast over healthy when it comes to your diet. Weight gain is common. Caring for the needs of others can leave you feeling tired. It's important to make time for yourself so you can care for others. Depression is also common in your 30's. This is the time when you may develop risk factors that could cause serious diseases later in life — e.g., high blood pressure, high cholesterol.

 Life doesn't slow down when you turn 40, but thankfully it looks a little different. If you have children, they may be able to take care of themselves or be on their own. This is when you may enjoy a little more time for you. Regular exercise, a healthy diet, and routine preventive care are important in keeping you free of chronic disease.

 Your work and social life keep you busy as ever. If you have children, you may be helping them adjust to college life, marriage or parenting. You may also be caring for aging parents during this time. Don't let these day-to-day pressures keep you from taking care of yourself. Make time for regular exercise and preventive care.



DIET GENERAL

   Your diet should mainly be fruits, vegetables, whole grains and fat-free or low-fat milk products. Keep the meat lean, such as fish, chicken and turkey that is grilled, baked or broiled. Some oils are needed for good health; you can get the healthy ones from fish, nuts and olives, or by using corn, soybean or canola oils for cooking. Limit the amount of fat and sugar that are common in processed foods, high sugar and juice drinks.


DIET AGE-SPECIFIC


 Cut salt, fat and sugar to help prevent diabetes and heart disease later in life.



 Eat a high fiber diet and choose whole-wheat grain products to help keep weight off.

  Boost calcium and vitamin D intake to support bone health. Consider adding a multivitamin to get all the vitamins and minerals you need.

EXERCISE

 Try to get 45–60 minutes of moderate cardiovascular exercise 4–6 days a week and 10–15 minutes of strength training exercises at least twice a week. Cardiovascular exercises include jogging, brisk walking, stair climbing, running, elliptical training, jumping rope, dancing, cycling, hiking and so much more.

 Use heavier weights for strength training and add another day of cardiovascular exercise — a total of 5–7 days a week — to your routine.

  Continue with 45–60 minutes of moderate cardiovascular exercise 3–5 days a week and add exercises like yoga and Pilates to increase your flexibility and strengthen your core muscles.

Personal Relationships and Stress

Learn how to deal with stress and overcoming the differences between your perception, and that of your significant other.

Coping with stress tends to be handled differently among men and women. Women tend to befriend others and talk out their feelings, while men tend to shut down, retreat into themselves and find a solution to the problem.

So, how can men and women alike show those of the opposite gender that they care and are supportive? Men can do more befriending activities for women such as make her coffee in the morning, plan some sort of surprise and give her the time for her befriending activities. In return, women can show men that they understand their needs by looking for the things he does right and tell him how much she appreciates him.

Try these different ways of approaching stress in your relationship by putting yourself in the mind-set of the other person. It will probably feel uncomfortable at first, but with more practice, your significant other will appreciate the efforts you are putting in to helping them lower their stress levels.

Be Safe in the Sun

With the sun finally peaking through the clouds, the warm weather is a great time to take advantage of outdoor activities. Remember to use sunscreen daily and to choose a broad spectrum sunscreen that protects you from both UVA and UVB rays. Make sure that you choose a sunscreen with an SPF of 15 or higher and it is used correctly. For best results, apply sunscreen about 20 minutes before going outside to allow it time to bond with your skin, and reapply after swimming, perspiring heavily or drying your skin with a towel.

Introducing New AAOA Member Benefits



Find everything you need to celebrate summer at Costco!

Getting ready for vacation? Check out Costco's assortment of luggage and apparel items.

Staying home and enjoying your outdoor spaces? Costco has everything you need for your lawn and garden, and outdoor entertaining. You can stock up on supplies for special occasions like graduation, Independence Day and summer barbecues.

AAOA Members can join Costco as a new member and receive more than \$50 in coupons, including 3 free items! This offer expires June 30, 2013! You must log in to myaaobenefits.com to print the application, then take it to your local Costco and join. You'll receive the added value offer by mail after you become a member.



Savings on hotels, car rentals and theme park reservations.

Member Travel Specials offers 60,000 exclusive hotel deals world-wide with significant savings for your personal and business travel. If booking online, there are no added costs or booking fees.

Find savings in Orlando, Las Vegas and New York City just to name a few. Along with consistently low rates, new highlighted specials are posted every week.

To begin saving on your next trip, log-in to myaaobenefits.com.

Is it an Allergy or a Food Intolerance?

Learn how to distinguish between the two.

Telling the difference between a food allergy and a food intolerance isn't always easy. Sometimes, the symptoms are the same. For example, milk (lactose) intolerance and a mild food allergy can both cause nausea, gas and vomiting. If you have symptoms after eating certain foods, see your doctor.

Food Intolerances vs. Food Allergies

Food intolerances are common. For example, about one in ten Americans is lactose intolerant. On the other hand, only about one in 100 have food allergies.

If you have a food allergy, your immune system reacts to the food by triggering an allergic chemical reaction in your bloodstream. Mild food allergies cause nausea and vomiting. Severe reactions include hives, wheezing and swelling of the lips, face, tongue and throat. These can be life threatening. In young children, food allergies can also cause eczema (a type of skin rash).

A food intolerance happens when your body reacts to a particular food. The immune system is not involved. Symptoms usually come on more slowly than with food allergies. They are usually limited to the stomach and are not life threatening.

Diagnosis

To identify food problems, keep a diary. Write down what you eat and when you eat it. Note if a certain food always causes a reaction and when your symptoms appear. Also note if other people who eat the same food get sick. Your doctor may do allergy testing or run lab tests to find the cause of your symptoms.

Common Allergens and Food Intolerances

Here are some of the most common food allergens and food intolerances. Know the signs and talk to your doctor.

The most common food allergens are:

Milk	Eggs	Peanuts	Tree nuts
Wheat	Soy	Shellfish	Fish

The most common food intolerances are:

Dairy Products	Sulfites	Food Dyes	MSG
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MAY WELLNESS TIP



Sheridah Bennett
(AAOA Wellness Champion)

Wellness Tip

Breast Cancer Prevention

Keeping up with your annual wellness exams is extremely important and so is having your mammogram. The government is now recommending that women age 40 and older should receive a mammogram every one to two years. Talk with your doctor about your risks and how often you should be screened for breast cancer.

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

AAOA HEALTHCARE

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