



## WELLNESS NEWSLETTER

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### Reduce Spring Allergies

35 million people in the United States are affected by seasonal allergies, according to the American Academy of Allergy, Asthma and Immunology. Allergy sufferers may experience some of the following symptoms: sneezing, congestion, a runny nose, itchiness in eyes, ears and throat.

If you suffer from seasonal allergies, here are some tips to lessen your exposure to pollen and mold that often trigger your spring allergies:



- Keep windows closed use air conditioning which cleans, cools and dries the air.
- Pollen is usually emitted between 5-10 a.m. so limit early morning outdoor activity.
- Try to stay indoors when the pollen count is reported to be high and on windy days
- Keep your car windows closed.
- Take medications prescribed by your doctor.
- Dry bedding in the dryer instead of hanging them out to dry.
- If you have bad allergies, avoid mowing lawns; mowing stirs up pollens and molds.

### Blow Off Stress

If you are feeling stress one way to relieve it is to buy a bottle of children's bubbles and use it to practice deep breathing.

If you blow too hard or too softly, you won't get any bubbles. Breathe from your abdomen and take smooth, steady breaths to produce a nice flow of bubbles. You can use this technique without the bubbles to calm down when you're feeling stressed. This technique is suggested by Diet For a Pain-Free Life by Harris McIlwain, MD

### Stock Your Kitchen

You will only eat well and cook well if you fill your pantry with the right foods. A well-stocked kitchen makes the difference between making healthy, flavorful foods and unhealthy food traps.

Here are some tips on how to stock your kitchen for healthy eating:

- Choose whole grain cereals and breads
- Select dairy wisely. Look for lower fat variations of your favorites, such as skim milk, non-fat yogurt, skim cheese and skim cottage cheese
- Make wise meat choices. All cuts selected should be lean and trimmed of visible fat

- Choose deli meats. Choose sliced turkey or chicken, lean ham and low-fat cheeses instead of the usual lunch meats
- Use caution with fats and oils. Limit the use of butter, margarine and cream cheese. Use olive or canola oils
- Stock up on bottled water. Use chilled bottled water instead of sugary soda drinks. Add a splash of fruit juice for flavor.
- Pick plenty of produce. Fruits and vegetables are no-fat, no-cholesterol with fiber that helps you eat healthier. When fresh is not available choose frozen varieties.

### Fitness Facts

- Adults 18 and older need thirty minutes of physical activity on five or more days a week while children and teens need sixty minutes of activity daily.
- Moderate daily physical activity can reduce the risk of developing or dying from cardiovascular disease, type 2 diabetes and certain cancers
- Blood pressure and cholesterol can be lowered by daily physical activity. It can also help prevent or slow down osteoporosis and help reduce obesity, symptoms of anxiety and depression and symptoms of arthritis
- Thirty to sixty minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has significant health benefits
- Major barriers to increasing physical activity are time, access to convenient facilities and safe environments in which to be active



- Social support from family and friends has been consistently and positively related to regular physical activity

The preceding information and suggestions are from the US Department of Health and Human Services, [www.fitness.gov](http://www.fitness.gov).

## Healthy Recipe of the Month

### Angel Food Celebration Cake Makes 12 servings

10 inch Angel Food Cake  
 ½ pt. frozen mango sorbet  
 ½ pt. frozen raspberry sorbet  
 ½ pt fat-free frozen vanilla yogurt  
 1 mango, peeled and sliced  
 1 cup raspberries  
 2 cup strawberries, halved  
 ¼ cup strawberry sauce

Cut cake horizontally to make 2 layers. Immediately before serving, top bottom layer with alternating scoops of half the sorbets and frozen yogurt. Work quickly it melts. Sprinkle with half of the sliced fruits. Place top layer of cake firmly on the bottom layer, then top with rounded scoops of remaining frozen product and sprinkle with remaining fruit. Drizzle sauce over all of it.

Each serving contains 143 calories, 1 g. fat, 0 mg cholesterol

Recipe from Pamela Smith's *Eat Well, Live Well*