

Road to WELLNESS

Embrace better health.®

ASTHMA AND ALLERGY AWARENESS MONTH



Each year, the Asthma and Allergy Foundation of America (AAFA) declares May as “National Asthma and Allergy Awareness Month.” It’s a peak season for asthma and allergy sufferers, and a perfect time to educate yourself about these diseases. Asthma affects approximately 25.9 million Americans and more than 50 million suffer from allergies. To learn more, visit <http://www.aafa.org/page/asthma-and-allergy-awareness-month.aspx>

MAY IS NATIONAL STROKE AWARENESS MONTH

Every 40 seconds, someone in the United States has a stroke, making it the fourth leading cause of death in the US.

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Strokes do occur in people of all ages. Nearly a quarter of all strokes occur in people younger than age 65. Strokes often lead to serious, life-changing complications including:

- Paralysis or weakness on one side of the body
- Problems with thinking, awareness, attention, learning, judgment and understanding or forming speech
- Difficulty controlling or expressing emotions
- Numbness or strange sensations and pain in the hands and feet

To help protect yourself and your loved ones, take steps to prevent a stroke and know how to spot a stroke. Visit http://www.cdc.gov/stroke/stroke_awareness_month.htm.

GRILLED PASTA PRIMAVERA

NUTRITION FACTS

Serving Size	½ of recipe
Calories	368
Total Fat	12 g
Saturated Fat	5 g
Sodium	842 mg
Total Carbohydrate	57 g
Dietary Fiber	9 g
Protein	10 g

Servings 2



Ingredients and Preparation

Bow-tie (or other shaped) pasta	4 ounces
Red bell pepper, cut into ¼-inch strips	1
Grape tomatoes	½ cup
Red onion, cut into ¼-inch wedges	½
Reduced-calorie Italian dressing	¼ cup
Fresh oregano leaves, chopped	1 tablespoon
Feta cheese	2 ounces
Salt	¼ teaspoon
Freshly ground pepper to taste	

Directions

Cook pasta according to package directions, omitting fat and salt. Combine bell pepper, tomatoes, and onion in a large bowl. Toss with dressing.

Prepare grill. Grill vegetables on a large sheet of foil, turning occasionally, about 8-10 minutes, or until tender-crisp. Return vegetables to bowl and toss with oregano leaves.

Mix together pasta, vegetables, and feta cheese, and season with salt and pepper.

Exchanges

2 vegetables; 2 starches; 1 fat; 1 medium fat meat substitute.

Side Suggestions: Tomato, Mozzarella, and Basil. Arrange ¼-inch slices of tomato and fresh mozzarella on a large platter. Drizzle with olive oil, and sprinkle with fresh basil and salt.

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Take charge of your health by eating right and staying current on well-care visits. Your Primary Care Physician (PCP) can help. Make your annual well visit appointment today!

SUMMERTIME...AND THE GRILLING IS EASY

It's summer, and that can only mean one thing—barbecue season! Nothing tastes more delicious than fresh grilled corn on the cob or a flame-broiled juicy burger or finger-licking barbecued chicken or... you get the point. Grilled food is good food. And while this food is tasting so good, it can even be healthful. But remember, safety should always come first when you barbecue.

Barbecuing and Healthful Choices

When you think of barbecued ribs, healthy may not be the first thing that pops into your mind. But it is possible to make grilling good for you by making healthful choices. It just takes a little effort. And, you won't sacrifice any of the flavor. Here are some tips to help:

- **Choose leaner meats to grill**—Grill chicken, but remove the skin before marinating or cooking it. If you're not grilling chicken, opt for leaner cuts of meat.
- **Grill a garden of vegetables**—Any vegetable can be grilled: onions, peppers, mushrooms, potatoes, tomatoes, eggplant, zucchini, corn or squash. Just brush a light coating of olive oil, balsamic vinegar, or any type of marinade.
- **Trim the fat off meat before grilling**—Cut off excess fat from the sides of meat before cooking and cut off inside, separable fat before eating.
- **Keep meat portions small**—Cut the meat into chunks and combine with vegetables on a skewer. Use meat as an accent to the meal, rather than the main dish.
- **Grill some fruit for dessert**—Pineapple, mangos, apples, peaches, or bananas—just about any fruit can be grilled. Slice fruit into big wedges or chop it into cubes and skewer.

Add to your grilling arsenal with some great grilling recipes. Log in to AvMed's Wellness Portal, powered by Healthyroads, at: <https://www.healthyroads.com/HealthInformation/WellnessCenters?chunkid=22323>

HEALTH AND WELLNESS GIFTS FOR MOM

On this Mother's Day, give Mom the gift of health, fitness, and well-being. No matter what age group the moms on your Mother's Day list fall into, those gifts never go out of style and are always the best ways to appreciate any mom on any day of the year -- especially Mother's Day. Here's a list of gifts to give any and all moms.

<http://www.webmd.com/fitness-exercise/mothers-day-fitness-gifts?page=1>

MAY EVENTS

Date	Time	Event	Location	Description
May 7	8 am	15TH annual "Tails and Trails" 5K, 10K and Half Marathon	Tom Brown Park 1125 Easterwood Drive Tallahassee, Fla. 32311	Participation in Tails & Trails supports the Animal Shelter Foundation - a non-profit organization that provides life-saving support to the homeless animals. http://preview.tinyurl.com/j87b2nn
May 15	6 am	The Miami Clean K	Tropical Park, 7900 Bird Road Miami, Fla. 33155	This 5K run/walk, presented by the Porter Project is dedicated to raising awareness, educating young and developing athletes about the dangers of anabolic steroids and performance enhancement drugs. http://www.active.com/miami-fl/running/distance-running-races/the-miami-clean-k-2016?int=
May 21	7 pm	Fun Glow 5k - Boca Raton, FL.	Sunset Cove Amphitheater 20405 Amphitheater Circle Boca Raton, Fla. 33498	Fun Glow 5k, an event for all ages and fitness levels, is the ultimate experience of night glow, electronic dance music and fun like no other. You will encounter 3.1 miles of glow and endless fun. http://www.active.com/boca-raton-fl/running/distance-running-races/fun-glow-5k-boca-raton-fl-2016?int=72-3-A2
May 29	7 am	The City Bikes Biscayne Bay Triathlon	Oleta State Park FIU Wellness and Recreation Center - BBC 3000 NE 151 Street - WUC 160 N Miami, Fla. 33181	The City Bikes Biscayne Bay Triathlon (formerly FIU 2575) is a sprint distance race consisting of a 400 yard swim, 10 mile bike, 2.8 mile run. From 2012-2016 our triathletes continue the challenge: "Are you the fastest?" http://www.active.com/north-miami-fl/triathlon/races/city-bikes-biscayne-bay-triathlon-fiu-triathlon-2016?int=

A Wellness Newsletter for AvMed Members



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