

# Wellness Advocate

Smarter Healthcare Solutions

## Daily Ounce of Prevention

*A daily ounce of prevention, practiced with a few simple steps, can help you prevent a host of diseases and live a long and healthy healthier life for the long-term.*

### YOUR SEVEN STEP PLAN

Good health means more than treating illnesses when they occur. The following steps can get you well on your way to experiencing optimal health.

#### 1. Visit Your Doctor

When you have a checkup with your healthcare provider, take an active role. Be prepared with questions about what you can do to improve your overall health.

#### 2. Eat Your Superfoods

“Superfoods” not only nourish you, but work with your body to improve your health and prevent common diseases, including conditions commonly associated with aging. These superfoods harness the power of phytochemicals abundant in fruits, vegetables, whole grains, beans and nuts.

#### 3. Get More Active

Regular physical activity lowers the risk of heart disease, stroke, type 2 diabetes, high blood pressure, metabolic syndrome, and colon and breast cancers. Regular activity prevents weight gain, prevents falls, reduces depression and allows older adults to experience better cognitive function.

#### 4. Manage Your Weight

Managing your weight doesn't have to be complicated by fad diets or excessive exercise. Eating right and being physically active aren't just a “diet” or a “program” - they are keys to a healthy lifestyle.

#### 5. Stimulate Your Mind

Like other body parts, your brain can deteriorate if you don't take care of it. Developing interests, pursuing hobbies, having lively conversations with interesting people, doing crossword puzzles and other mentally invigorating activities can help you stay mentally agile.

#### 6. Get Enough Sleep

Sleep is vital for good health. Research shows that regularly getting inadequate sleep increases the risk of having high blood pressure, heart disease, and other medical conditions. For most adults, 7 to 8 hours a night appears to be the best amount of sleep, although some people may need more or less.

#### 7. Maintain a Positive Outlook

Thinking positively about life won't automatically make you healthier. But research shows that optimists may gain an edge in wellness and prevention and in treatment when illness strikes.

The saying “an ounce of prevention is worth a pound of cure” is certainly true as it relates to our lifestyle and daily routine. Practicing a few simple behaviors now is certainly easier and more cost effective than managing the ill effects of a poor lifestyle later.

### QuickTakes



#### ARE YOU GETTING ENOUGH ACTIVITY?

Physical activity is anything that gets your body moving. Adults are advised to get at least 150 minutes each week of moderate intensity activity, such as brisk walking. This might sound like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.



Daily Ounce  
of Prevention

What Is a  
Superfood?

Recipe:  
Buddha's Feast

# What Is a Superfood?

Superfood is a term used to describe food with a high nutrient content that may offer health benefits. While all foods provide calories and some nutrition, scientists in recent years have identified some superfoods that can do much more. These foods not only nourish you, but work with your body to improve your health and prevent common diseases, including conditions commonly associated with aging. These superfoods harness the power of phytochemicals in fruits, vegetables, whole grains, beans and nuts.

Research shows that once ingested, these phytochemicals affect chemical processes in the human body and seem to be involved in protecting our bodies from disease. Here are a few findings from the research on phytochemicals:

- Stimulate the immune system, the body's defense against viruses, bacteria and other disease-causing agents.
- Block the potential for carcinogens (cancer-causing substances) to be formed in the body from substances we eat, drink and absorb from the environment.
- Reduce inflammation that provides a setting favorable for cancer growth.

- Prevent DNA damage and help with DNA repair mechanisms.
- Reduce oxidation, the damage to cells that occurs with aging and exposure to pollution.
- Slow the growth rate of cancer cells.
- Trigger death of damaged cells that may be precursors to cancer.
- Help to regulate hormones, such as estrogen and insulin. Excess levels of these hormones are linked with increased risk for breast and colon cancers.

Many vegetables and fruits are especially rich in phytochemicals. They are often brightly colored – like broccoli, carrots, tomatoes and blueberries – or strongly flavored like garlic and onions. A diet that emphasizes vegetables, fruit, whole grains and beans appears to be the healthiest eating pattern for lowering risk of cancer, heart disease, stroke, diabetes and other serious diseases.

*Source: American Institute for Cancer Research*

## Buddha's Feast

**makes 4-6 servings**

The brightly colored vegetables in this Chinese stir-fry tell you it's rich in health-protective phytochemicals.

### Ingredients:

- 1/4 cup chicken or vegetable broth
- 2 tablespoons low-sodium teriyaki sauce
- 1 tablespoon cornstarch
- 3 cups sliced bok choy or Chinese cabbage
- 1 cup broccoli florets
- 2 carrots, thinly sliced on the diagonal
- 1 cup small button mushrooms, stemmed and rinsed
- ¼ cup canned water chestnuts, sliced
- 1 14-ounce can baby corn, drained
- 1-2 garlic cloves, minced



### Preparation:

1. In a bowl, whisk together the broth, soy sauce and cornstarch. Set aside.
2. Bring a pot of water to a boil. Cook the bok choy and broccoli for 1 minute. Drain and set aside.
3. Coat a skillet with cooking spray. Heat pan over medium heat; add the carrots and mushrooms. Sauté for 3 minutes, stirring often.
4. Add the bok choy, broccoli, water chestnuts, baby corn and garlic. Cook for 2 minutes to heat through. Add reserved sauce and cook, stirring, until it thickens, about 2 minutes.

### NUTRITIONAL INFO (per serving)

111 Calories; 0.8g Fat; 0g Saturated fat; 5.0g Protein; 25g Carbohydrate; 5.9g Fiber; 408mg Sodium