



HEALTH & WELLNESS

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During May we are celebrating **Mother's day** with an amazing strawberry recipe. We are also featuring **Food Allergy Month**, **Vision Month**, and **National Physical Fitness and Sports Month**.

FOOD ALLERGY week

13-19 MAY 2018

Food allergies are an unpleasant or dangerous immune system reaction after a certain food is eaten. The cause for food allergies is unknown and children and adults can experience it.

There are eight major food group allergens that are often referred to as the **Big-8** which are, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, soybean and wheat.

HAPPY Mother's DAY

Quick and Easy Strawberry Sherbet for Moms on their Special Day

(makes 4 servings)

Ingredients

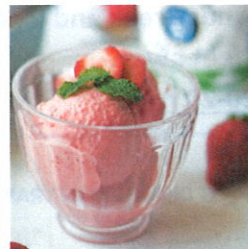
- 4 cups frozen strawberries
- 3 tablespoons honey
- 1/2 cup greek yogurt
- 1 tablespoon lemon juice



Instructions

Add frozen strawberries, honey, yogurt, and lemon juice to a food processor. Process until creamy (about 5 min).

Serve immediately or store in freezer up to one month.



TIP: Since strawberries are in season, try buying fresh strawberries and freezing them.

FRUITS AND VEGETABLES IN SEASON

Asparagus, Okra, Pineapple, Zucchini, & Strawberries

FOOD ALLERGENS — The Big-8 —



Milk



Fish



Peanuts



Soybean



Tree Nuts



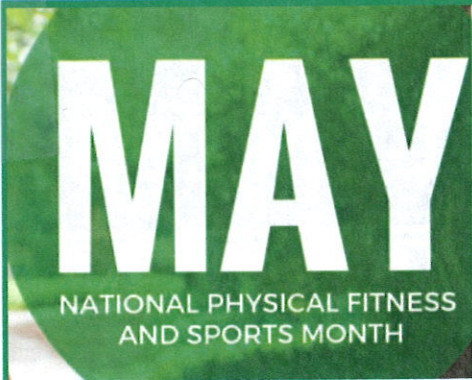
Eggs



Wheat



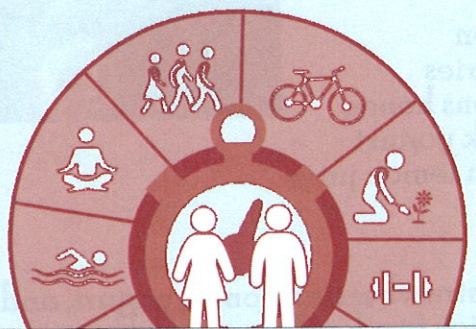
Crustacean Shellfish



Let's Get Active!

Here are some tips you can try with your friends, neighbors and/or work family:

- 1) Ride your bike to work
- 2) Take a 10 –15 minute walk after dinner.
- 3) Take a fitness break while watching TV. Stand up and walk in place during commercials or lift a bottle of water to add resistance training.
- 4) Stretch in the mornings and before/after exercising. This will help with flexibility and overall health.
- 5) Create a summer bucket list with some of the activities you could do during the summer like going for a hike or visiting a new area in our Natural State.
- 6) People who are depressed could lessen their symptoms by 47% through aerobic exercise. If you do aerobic exercise at least 3 times each week, you will experience a decline in the symptoms of depression after 12 weeks.



Did you Know?

A pound of muscle burns 3 times more calories than a pound of fat. All your physical activity counts!
 5 to 10 minutes at a time adds up throughout the day of physical activity!

To prevent eye strain try:






Every 20 minutes take a 20 seconds break and look at something from 20 feet away.
 This is called the 20-20-20 rule.

20/20/20 TO PREVENT DIGITAL EYE STRAIN



You GOT TO THIS

Others tips for healthy vision are:

- 
Get a Dilated Eye Exam
- 
Use Protective Eyewear
- 
Know Your Family History
- 
Wear Sunglasses
- 
Live a Healthy Lifestyle