

WELLNESS NEWSLETTER

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Please Note: The content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



APRIL 2021

HEALTH OBSERVANCE

Autism Awareness Month

By Kellie Burke, Wellness Coordinator - Wellworks For You

Why World Autism Awareness Day is Important

There is no cure, but there are treatments! These days, there are many different treatment options for Autism spectrum disorders. However, they can only be reached when the person is diagnosed. By increasing our awareness, we can help others get in touch with specialists and start a treatment.

Don't try to change, start by understanding! People with Autism spectrum disorders have specific characteristics, behaviors, tastes, and ways to do things. The key is to understand the way they see the world and their performance without trying to make them change.

There is no cure for Autism spectrum disorders. Once you get diagnosed it's a condition for the rest of your life. Research demonstrates that job activities that encourage independence can increase daily skills and reduce Autism symptoms.

World Autism Awareness Day

April 2 is World Autism Awareness Day, when the world takes part in the puzzle pattern of blue, red, yellow and purple. These pieces reflect the complexities and uniqueness of the Autism spectrum. There is no better way to celebrate this day than by becoming aware of the characteristics of people with this condition and how all of us can do better to increase our own understanding and promote kindness.



How to Observe World Autism Awareness Day?

Share information online. Even nowadays when almost everyone has access to information, there are still many people that don't know about Autism and the characteristics of people with it. Become an advocate for the autistic community by educating the masses.

Get involved with Autism associations. There are many people who either have Autism or have a family member with Autism and are a part of community-wide, nation-wide, or global-wide association. Get in touch with them to get involved in any activities planned for the day.

Take care of the people with Autism spectrum diagnosis you know. World Autism Awareness Day is the perfect day to have a good time with your friends who are diagnosed with Autism. Make sure to plan sensory-sensitive activities to enjoy and pack gluten-free and casein-free foods to share.

SOURCE:

<https://nationaltoday.com/world-autism-awareness-day/>



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Commitment to Distraction-Free Driving

By Laura Moore, Preferred Partner Manager - Wellworks For You

Distracted driving is any activity an operator of a motor vehicle is engaged in that takes their attention away from their primary task of driving and increases their risk of an accident. There are four types of driver distraction:

Visual – looking at something other than the road. Visual distractions are generally external to the vehicle. Scenery and roadside features, such as signs and displays, are imperative for direction, but they are still distractions.

Auditory – hearing something not related to driving. Common auditory distractions are usually brought into the vehicle, such as cell phones, computers, animals, food, and grooming aids.

Manual – manipulating something other than the steering wheel. A manual distraction generally entails the driver trying to adjust different vehicle amenities while the car is in motion. These include radio dials, heat or air condition controls, displays, and navigation systems.

Cognitive – thinking about something other than driving. Everyone's mind works differently than others. No matter how long or short a car ride, it is easy to daydream or get "lost in thought".

In a culture of quick responses and instant information, driving distraction free has become harder to abide by. Make the commitment today to drive distraction free, for the safety of yourself and others on the road.

Hands-Free Driving

Make your commitment to drive without handheld devices. If you need your phone as a GPS, there are affordable car mount options that attach to vehicles. This will make it easier to drive without having to look down or away. You can also turn sound on your GPS apps to speak directions to you, this way you don't have to look away from the road at all to know your next turn.

Do-Not-Disturb Mode

This setting can hold your messages until the phone senses you are no longer in motion or in the car. Those who are messaging you will receive an automatic response letting them know you're driving and won't answer your phone until you're safely off the road – what a way to spread the word about your distraction free driving commitment!

Be Attentive at Red Lights and Other Stops

According to the traffic laws in many states, being stopped at a red light, or other form of stop, is still driving. You can be ticketed for operating a device even while at a complete stop on the road. If you need to adjust the music, call a friend, or input directions – do this in your parked car before you hit the road.

Distracted driving is something we all can take lessons to improve. Teens can be the best messengers with their peers and parents can lead by example. If you feel strongly about distracted driving, be a voice in your community by supporting local laws, speaking out at community meetings, and highlighting the dangers of distracted driving on social media and in your local op-ed pages. Understand the risks and consequences by educating yourself at <https://www.nhtsa.gov/risky-driving/distracted-driving>.



HEALTH TIP CORNER



Update Your Workout Attire

Proper footwear can help support an active lifestyle by providing important support for your joints. In addition, new lightweight clothing can help you manage heat and perspiration to optimize comfort when exercising. Be sure you're properly equipped before starting a new workout routine.

Source:

<https://www.corporatewellnessmagazine.com/article/seven-tips-promoting-healthy-spring>

Don't Forget About Earth Day

Laura Moore, Preferred Partner Manager - Wellworks For You

Each year, we recognize the majesty of the earth and acknowledge the work that needs to be put in to maintain a healthy environment to live in. This year, the Earth Day theme is Restore Our Earth. The overall intent is to acknowledge those living in climate disaster and take action in the restoration of our damaged earth in order to preserve the environment in which we place our livelihood.

Take action in Restore Our Earth by:

Supporting Local Communities

The climate and environment in which we live vary by region and season. You can support local communities strongly affected by natural forces by volunteering your time after disasters and offering supplies to distressed communities.

Buy Local

Purchasing fresh groceries at your local farmers market will not only help support local families financially, but limit the demand for mass-produced products.

Educate

Research the history of Earth Day and teach about its' significance. Engage in your local government and ask for plans to make your area more sustainable.

Small choices can make a big difference for our planet. Seeking alternatives and teaching the next generation will continue to set a new foundation in restoring Earth!



Featured Recipe

Greek Turkey Burgers with Spinach, Feta & Tzatziki

4 Servings

INGREDIENTS

- 1 cup frozen chopped spinach, thawed
- 1 pound 93% lean ground turkey
- ½ cup crumbled feta cheese
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 small hamburger buns, preferably whole-wheat, split
- 4 tablespoons tzatziki
- 12 slices cucumber
- 8 thick rings red onion (about 1/4-inch)

DIRECTIONS

1. Preheat grill to 350°.
2. Squeeze excess moisture from spinach.
3. Combine the spinach with turkey, feta, garlic powder, oregano, salt and pepper in a medium bowl; mix well.
4. Form into four 4-inch patties. Oil the grill rack. Grill the patties until cooked through and no longer pink in the center, 4 to 6 minutes per side.
5. Assemble the burgers on the buns, topping each with 1 tablespoon tzatziki, 3 cucumber slices and 2 onion rings.

NUTRITION

Per serving: Each serving contains about 376 calories, 30g protein, 28.5g carbohydrates, 4.9g dietary fiber, 5.4g sugars, 17g fat, 6.2g saturated fat, 103mg cholesterol, 678mg sodium



Source: <https://www.eatingwell.com/recipe/262569/greek-turkey-burgers-with-spinach-feta-tzatziki/>