THIS EDITION FEATURES:

RECIPE OF THE MONTH:
BERRY SALAD WITH GOAT CHEESE

Summer Sun Strategies
WHEN TO SEEK MEDICAL CARE
BIG CHANGES
START SMALL

Off the Hook: Choosing Fish

TINY BERRY
BIG BENEFITS

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Independence

WATER AEROBICS
TAKE THE PLUNGE!
Let’s sing the praise of tiny blueberries and their giant benefits! With vitamin C, potassium, fiber, and a high amount of antioxidants, blueberries are one of the most convenient health foods, eaten by the handful, or tossed right into your bowl of cereal.

Here are five little-known facts about this small superfood:

- Frozen and dried blueberries have just as many antioxidants as fresh blueberries.
- Eating cooked blueberries is just as healthy as eating them raw. In fact, a brief sauté can actually increase antioxidant potency.
- Eating blueberries with milk can lower the amount of antioxidants you absorb. So if you’re eating them with cereal, try it with almond or soy milk.
- Older people with memory decline showed improvement on memory tests after drinking 15-21 ounces of blueberry juice daily for 12 weeks.
- Organic blueberries are just as healthy as conventionally-grown ones. Either way, wash the berries before serving.

Source: berkeleywellness.com

Recipe of the Month:
Goat Cheese Berry Salad

Salad Ingredients:

| 2 cups assorted salad greens | ½ cup fresh blueberries |
| ¼ cup sliced red onion | ¼ cup sliced fresh strawberries |
| 1 tablespoon pumpkin seeds | ½ cup crumbled goat cheese |

Instructions:
Toss all ingredients in a bowl and pair with a raspberry vinaigrette. Add a piece of salmon or chicken for more protein.
Big Changes Start Small

Getting healthy doesn't happen overnight, and extreme diet and exercise regimens never seem to last. So if you're looking to make over your lifestyle, try starting small. Small changes add up quickly, plus, they're easier to sustain.

Cut out sugary extras. Drink soda? Switch to unsweetened iced tea. Feel like ice cream? Try a handful of frozen grapes. Swap your sugary mainstays with healthier options, and you'll soon see results.

Meditate for five minutes. It only takes five minutes a day to reap the benefits of stillness. When you feel stressed, set the timer on your phone for five minutes, and focus on your breath.

Pack your lunch. Spending a few minutes at night to pack a healthy lunch for the next day saves major time and money. You can save even more time by cooking leftover-friendly dinners.

Drink more water. Drinking coffee in the morning can jump-start your daily energy, but drinking water throughout the day can help sustain your buzz.

Go to bed a few minutes earlier. If you aren't getting six to eight hours of sleep per night, adjust your bedtime by a few minutes a night until you get there. Why? According to the National Sleep Foundation, getting enough sleep decreases inflammation, lowers the risk of obesity, and improves mood.

Off the Hook: Choosing Fish

When in search of a quick and healthy meal, fish is high in protein, low in calories, and packed with healthy fats, vitamins, and minerals. But exactly which fish should you choose? Here are a few rules to make the search for good seafood an easier feat.

Ask: Fresh or frozen? Flash frozen means that the fish is frozen on the boat in a vacuum-seal. It can be just as healthy as fresh fish. When choosing fresh seafood, ask if it was previously frozen. Some grocery stores simply defrost the same packaged fish sold in the freezer aisle. Fresh fish should not have any odor. If it smells fishy, it's starting to spoil.

Know where your fish comes from. When you buy fish or order it in a restaurant, ask if it's farmed or wild-caught. Unhealthy fish farming practices can result in contamination and high antibiotic use. If buying farmed fish, always look for the label showing country of origin. The U.S. has strict environmental and food safety laws governing farmed and wild-caught fish.

Choose low-mercury fish. According to the Natural Resources Defense Center, the following types of fish contain high levels of mercury: King mackerel, marlin, orange roughy, shark, swordfish, tilefish, ahi tuna, and bigeye tuna. Women who are pregnant or nursing or who plan to become pregnant within a year should avoid eating these fish. This recommendation also applies to children younger than six.
Summer Sun Strategies

Sunburn is just a part of summer, right? Not if you care about your health. According to the Skin Cancer Foundation, about 90 percent of skin cancers are associated with sun exposure. Here’s how to protect yourself this summer:

1. **Wear sunscreen.** Find a broad-spectrum sunscreen to wear when outdoors, even on hazy or snowy days. Always opt for SPF 15 or more. Reapply periodically and always check the expiration date.

2. **Find shade.** If you are going to the beach or sitting outdoors, make sure to bring an umbrella or find a tree. Even if you are in the shade, be sure to wear sunscreen — the sun can reflect off of shiny surfaces and sand.

3. **Wear sunglasses.** Opt for sunglasses that block UVA and UVB rays. Believe it or not, you can get sunburn on your eyes (and on your eyelids — ouch). This can damage your vision and is a major cause of cataracts.

4. **Put on a hat.** A hat with a brim goes a long way. It protects your eyes, your face, ears, and even your shoulders. Avoid materials with holes. Tightly woven fabrics block more harmful rays.

5. **Keep your eye on the time.** Limit your time in the sun between 10 a.m. and 4 p.m. It only takes 15 minutes to get sunburn, but the damage can be long-lasting. Take the extra five minutes to apply some sunscreen and grab a hat and sunglasses.

Water Aerobics: Take the Plunge!

When you think of the latest exercise trends, water aerobics is probably the last thing that springs to mind. But with so many benefits, why not take the plunge?

**Try water aerobics to:**

- **Reduce impact.** Exercising in water puts less stress on the body because it keeps you buoyant and counteracts the effects of gravity. Land exercise can be painful for those with arthritis, knee or back problems, or leg injuries.

- **Burn calories and get stronger.** Water aerobics class burns 400-500 calories per hour. You can also expect to feel stronger: Water creates 12 times the resistance of air, so even slight movements such as kicking or paddling work your muscles harder.

- **Increase well-being.** According to swimming.org, “Swimming for just half an hour three times a week can lower stress levels, improve your mood, lower incidences of depression and anxiety, and improve sleep patterns.”

There are a variety of water-based exercises out there, including yoga, Zumba, step, and other fun options. So if you’re looking for something new and exciting, perhaps it’s time to hop in the pool!

Naturally soothe sunburn

- Take a cool shower or bath
- Apply Aloe Vera to soothe and moisturize
- Drink lots of water
When To Seek Medical Care

Have you ever felt not-so-great but weren’t sure whether to see a doctor or just hunker down on the couch with some chicken soup? Here are some resources available to help you decide whether to make that appointment.

**Online symptom checker.** This is a good place to start, but not a final authority. These tools ask you a series of questions and suggest possible causes. They may advise you to see a doctor, retail clinic, or urgent care. Get started with the Health Navigator tool at ibxpress.com.

**Health Coach.** Your health insurance provider may have a 24-hour phone number that connects you to a nurse who can assess the severity of your symptoms. Check your plan information or call customer service to see if this service is available. To reach a Health Coach, call 1-800-ASK-BLUE.

**Your local pharmacist.** They can be very helpful in determining if an over-the-counter solution is right for your symptoms.

**Your doctor’s office.** Still not sure? It’s a good time to call your doctor’s office and ask if your symptoms are serious enough to require an appointment.

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**Monthly Quiz:**

1. True or false: Water aerobics burns calories AND builds muscle.
   - a. True
   - b. False

2. Which type of blueberry has the most antioxidants?
   - a. Organic raw
   - b. Frozen
   - c. Dried
   - d. All of the above have the same high levels of antioxidants

3. What is the best way to protect against sunburn?
   - a. Stick to tanning beds.
   - b. Limit time in the sun.
   - c. Wear white to reflect rays.
   - d. Take Vitamin D.

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