

# PURSUIT

July 2016

Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You

## Tips for Healthy Eyes

Eye care is an important part of health for individuals of all ages. Many eye conditions can be corrected if they are found early, so getting an annual eye exam can help you maintain good vision and eye health. It can also determine if you have an eye disease, even if you are symptom free.

Here are five tips that may help improve your eye health:

- **Pay attention to your plate.** Healthy eyes begin with the food on your plate. Green leafy vegetables like spinach and kale, oily fish like salmon and tuna, eggs, nuts, beans and citrus fruits are just a few examples of foods that can help your eyes. These foods are high in nutrients such as zinc, omega-3 fatty acids, and vitamin C.
- **Stop smoking.** Smokers are more likely to have optic nerve damage and to develop cataracts and macular degeneration.
- **Wear sunglasses.** Ultraviolet rays from the sun can damage the eyes, so make sure to wear sunglasses and broad-brimmed hats for protection. Sunglasses that block 99-100% of UVA and UVB rays are recommended. Wraparound lenses can also protect your eyes from the side, and polarized lenses reduce glare while boating and driving.
- **Wear protective eyewear.** When handling power tools, chemicals or any hazardous materials, make sure to wear



protective goggles. Sports such as racquetball, lacrosse and ice hockey have a higher risk of eye injury, so wearing sports goggles or a helmet is recommended.

- **Limit screen time.** Television, video game and computer use can irritate the eyes causing eye strain or blurry vision. So it's important to periodically give your eyes a break from looking at the screen.

Adults should have their eyes examined every few years, and even more frequently if you have diabetes or high blood pressure. For children, a pediatrician can determine how often an eye exam is needed. When thinking of your overall health, don't forget to take care of your eyes!

Source: [webmd.com](http://webmd.com)

## Building Balance

Balance is the ability to maintain the body's position over its base of support. It forms the foundation of physical fitness but is often an overlooked aspect of fitness training. Balance can be affected by posture, muscle tightness, injuries, changes in gait, loss of muscle and visual impairments. The ability to stand still on one leg is often used as a measure of static balance, but improving dynamic balance helps to develop coordination. This is particularly useful as your body responds to sudden changes of direction, unstable surfaces and visual challenges.

These seven balance training exercises

can easily be incorporated into the warm-up portion of any routine. For safety, make sure the area is clear of obstacles and there's a high-back chair or counter nearby to help steady you if you need it.

1. Stand with one foot directly in front of the other foot, spacing them about one foot apart. Reach your arms out to each side, twist left, pause and then return to center. Repeat on the right side, and then switch feet and repeat.
2. Remain in the same stance as in #1. Reach your left hand above your
3. Start in the same posture as in #1. Keep your arms by your sides and walk forward, lining your feet up heel to toe for 10-12 steps.
4. Repeat the heel to toe walk, making it more challenging by lifting your knee up parallel to the floor. Hold for a breath before placing it back down. Repeat for 10-12 steps.

head, following with your eyes. Continue reaching overhead toward the right side. Repeat with the right arm, and then switch feet and repeat on both sides.

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5. Lift your left knee up directly in front of your body, and then lunge forward shifting your weight to the left foot. Push off the left foot, shifting your weight to your right leg while lifting the left knee to return to the starting position. Complete the lunge 10-12 times on the left side. Repeat on the right side.
6. Stand tall with your feet slightly apart. Balance on your left foot while reaching your left arm out to the side and extending your right leg out. Swing your left arm and right leg toward and across the front of your body in a slow controlled motion. Repeat 10-12 times on each side.
7. Stand tall with your feet slightly apart. Balance on your left foot, lifting your right knee and extending your left arm above your head. While bending forward from the hip, extend the torso and left arm forward as you press your right foot back until it is almost behind you and your left arm and right leg are parallel to the floor. Return to the starting position without putting your right foot down. Repeat 10-12 times on each side.

Are you looking for another fun and effective way to do balance training? Try interactive video games using balance boards and dance mats. If you have any preexisting health conditions or are over 40 years old, consult with your physician before starting a physical activity program.

Sources: [acefitness.org](http://acefitness.org); [acsm.org](http://acsm.org)

## Bringing Wellness Home: Automobile Safety for Kids

Car accidents are the leading unintentional injury cause of death in children. That's why it's important to make sure your kids are as safe as they can be when they ride in the car. Here are some basic car safety tips:

- Make sure kids always wear a seatbelt and that it is worn correctly. Whether it's a quick drive around the block or a cross-country vacation, everyone needs to buckle up. The lower part of the seatbelt should sit low and tight across the upper part of the thighs. It should never be placed across the upper half of the stomach. The shoulder part of the seatbelt should fit snugly across the chest and shoulder, not under the arm or across the neck or face.
- Children should be placed in car seats or booster seats until they are old enough and tall enough to use a seatbelt properly. Make sure you have installed and use your car seats and booster seats according to the seat's owner's manual. If you need assistance, you can get help from a certified Child Passenger Safety Technician. To locate one near you, go to [cert.safekids.org/get-car-seat-checked](http://cert.safekids.org/get-car-seat-checked), and search the directory for inspection stations.
- Children 12 and under should sit in the backseat. Buckle children in the middle of the backseat when possible, because it's the safest place to ride. If the vehicle gets into an accident, the passenger in the backseat has much less of a chance of hitting something hard like the windshield. Also, those riding in the back won't be injured when the airbag inflates rapidly during a crash.
- Children under the age of 13 and rear-facing car seats should never be in a seat with an airbag. Airbags, when combined with safety belts, protect adults and teens from injury during a collision. However, they can cause serious harm to smaller children.

Parents and adults transporting children can set a good example by always using a seatbelt. For more information on staying safe while riding in a vehicle, please visit the sites listed here:

[cdc.gov/motorvehiclesafety/child\\_passenger\\_safety/index.html](http://cdc.gov/motorvehiclesafety/child_passenger_safety/index.html)

[safecar.gov/parents/index.htm](http://safecar.gov/parents/index.htm)

[kidshealth.org/en/parents/auto.html](http://kidshealth.org/en/parents/auto.html)

[cert.safekids.org/get-car-seat-checked](http://cert.safekids.org/get-car-seat-checked)



## Healthy Addition<sup>®</sup>

Are you an expecting mother and a Florida Blue member? If so, you may enroll in the Healthy Addition<sup>®</sup> Prenatal Education Program to learn how you can take the best care of you and your baby.

A nurse can be contacted Monday – Friday 8:30 a.m. to 5:30 p.m. by email: [healthyaddition@floridablue.com](mailto:healthyaddition@floridablue.com) or by phone: 1-800-955-7635 option #6.

# Fresh and Healthy Recipe of the Month

## Tandoori Chicken Skewers

Popular in Central Asia — Bangladesh, India and Pakistan — tandoori chicken is marinated in yogurt sauce with a unique blend of aromatic spices and turmeric, which give it a rich yellow color. In this recipe, marinated chicken is threaded on skewers, grilled, and then served as an appetizer or main dish. Serve chicken tandoori with an Indian flatbread called naan and your choice of vegetables and fruit.



### Ingredients:

- boneless chicken breasts (about 2½ pounds)
- 1 cup plain low-fat yogurt
- 3 tablespoons fresh lime juice
- 1 tablespoon grated fresh ginger
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon cumin
- ½ teaspoon cardamom
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ¼ teaspoon salt
- 4 tablespoons vegetable oil
- 3 cups shredded lettuce
- 2 limes, cut in wedges
- ½ cup chopped mint leaves, for garnish

### Directions:

1. Cut chicken in 1½-inch pieces. Place in a medium bowl.
2. Combine the yogurt and lime juice in a small bowl with ginger, turmeric, coriander, cumin, cardamom, cayenne pepper, cloves and salt. Stir to mix well. Pour yogurt mixture over the chicken and toss gently with a large spoon to coat chicken.
3. Cover and refrigerate 8 hours or overnight to marinate chicken.
4. Remove the chicken from the marinade; discard remaining marinade. Thread chicken on skewers and brush with vegetable oil.
5. Place chicken skewers on medium-high grill. Cook for 10 to 12 minutes, turning to cook thoroughly.
6. To serve, arrange grilled tandoori chicken skewers over lettuce. Garnish with lime wedges (to squeeze over chicken) and mint leaves.

**Nutrition:** Serves 8. Calories: 270; Calories from fat: 110; Total fat: 12g; Saturated fat: 2g; Trans fat: 0g; Cholesterol: 85mg; Sodium 170mg; Total carbohydrate: 7g; Dietary fiber: 1g; Sugars: 3g; Protein: 33g.

*Recipe courtesy of eatright.org*