Avoiding Asthma Triggers

For people who have asthma, spring may not be their favorite season! The weather change suggests that people should take extra precaution to avoid asthma triggers. A well-known asthma trigger is pollen; however, there are other triggers to look out for and ways to avoid them. Here are some tips to help you reduce asthma triggers:

- Check the pollen count outdoors and air quality index
- Be aware of your emotions - Stress or anxiety, laughing too hard, anger can be a trigger
- Stay away from strong odors that may trigger your asthma - Air fresheners, perfumes, cleaning products
- Exercise indoors
- Breathe through your nose, not your mouth - Your nose filters incoming air, helping keep allergens out
- Dry clothes and bedding in the dryer instead of hanging them outside
- Vacuum and dust weekly, with a damp cloth, to avoid dust and pet allergens
- If you smoke, consider starting a plan to quit smoking - If you don't smoke, keep your distance from smokers or smoking areas to avoid second hand smoke exposure

For more information about asthma and how to avoid its triggers, visit the American Lung Association.

Foods that Fight Your Battles!

Allergies and Asthma are serious conditions suffered by many and often occur together. Although they are different conditions, they can share common signs, symptoms and triggers. The substances that cause an allergy can then lead to, or cause, asthma signs and symptoms.

The symptoms of allergies and asthma are the body's natural defense response to fighting off an outside invader. They play an important role in keeping us alive, but can also cause discomfort and symptoms that can become severe. Therefore, prevention of the triggers and treatment of the symptoms is an important step and foods can play a very important role. The first step is recognizing and avoiding the substances that cause the allergy or asthma.

Allergies - Knowing and avoiding food(s) that can cause an allergy in your diet can be all that is needed. However, here are a few other tips:

- **Know what you are eating or drinking** - read food labels
- **If you have already had a severe reaction** - wear a medical alert bracelet or necklace
- **Talk to your doctor about prescribing emergency epinephrine** - carry with you in case of a severe reaction
- **Be careful at restaurants** - let your server, and/or chef know about your food allergy and make sure your food is not being prepared on
Personal Health Coaching

Are you ready to make a change?

A Personal Health Coach can help you reach your goals and make this year your healthiest yet!

A Delta TeamCare Health Coach is someone who can help you start making changes to improve and maintain your health. Making any kind of change to your normal routine can be difficult. Working in collaboration with a Health Coach, you will create a personalized plan to help you achieve your health goals. You will identify goals with activities and brainstorm solutions to obstacles that you may face on your journey to a healthier life.

Our philosophy is simple: "Everything one step and one day at a time." We firmly believe in baby steps when it comes to making lasting changes. Permanent change takes time, patience, practice and persistence.

If you are ready to make a change, our coaches can work with you to manage your weight, improve your nutrition, increase your physical activity, quit tobacco use, have a healthy pregnancy, improve your sleep, reduce your stress, and manage your blood pressure or glucose.

To learn more please contact Delta TeamCare at 866-724-0032 or teamcare@delapro.com

Personal Health Coaching is provided at no cost to you and is completely confidential - your information will not be shared with your employer.

TeamCare Fit From Head to Toe
Yoga - The Bridge

Allergy season is upon us and while the weather is beautiful, being outside can feel like the last thing you want to do when you suffer from seasonal allergies or asthma. Running, cycling, and intense outdoor activities should typically be done in the early mornings or evenings on cooler days during allergy season because of the lower pollen levels in surfaces or with cookware that contains any of the foods you are allergic to.

Asthma - There is no diet that will eliminate symptoms. You can however, take steps in your dietary choices to help minimize common triggers that can increase your risk of developing asthma or making it worse. These foods include:

- **Vitamin D**: Replenishing Vitamin D levels may improve Asthma - foods such as salmon, milk and eggs contain Vitamin D
- **Fruits and Vegetables**: Good sources of antioxidants (beta carotene), Vitamins C and E, helps to control lung swelling and irritation (inflammation)
- **Avoid Sulfites**: Preservatives in foods such as wine, dried fruits, pickles, shrimp and other foods that can trigger asthma in some people
- **Avoid Allergy-Triggering Foods**: Children with food allergies tend to also suffer from asthma and tends to be more severe
- **Eat to Maintain a Healthy Weight**: Being overweight can worsen asthma, so maintaining a healthy weight may help improve symptoms

There are many causes to allergies and asthma. Still, general recommendations continue to suggest that diet plays a major role in all aspects of our health. Therefore, knowing our state of health, eating healthy and staying physically fit can be the greatest ally in the management of health conditions.

How have you been successful in managing your triggers and symptoms? Send an email to teamcare@delapro.com and let us know!

Ask the Health Educator

Each month we feature a reader's question. To submit your question to a health educator, please email teamcare@delapro.com and enter "Ask the Health Educator" in the subject line. All questions will be answered and any shared in this column will be done so anonymously.

**Question**: I love to take my fitness routine outside when the weather gets warmer, but my seasonal allergies trigger my asthma. Do you have any suggestions?

**Answer**: Having allergies and asthma should not deter you from doing one of the best things for your health, exercise! With knowledge of your asthma triggers and taking proper precautions before exercising, people with asthma can still be just as active as people without asthma. Research indicates that over time, as
the air. It is often thought that exercise can make asthma and allergies worse, but studies show that with doctor supervision, light activities can actually help alleviate many of the symptoms of asthma and seasonal allergies. So when it is dry, windy day outside, try yoga!

Among its many benefits, yoga can actually help relieve some of your asthma and allergy symptoms. In an eight-week study of 57 adults with asthma, those in the yoga group showed a significant improvement in lung function and a reduction in asthma symptoms when compared with a control group. There are several yoga poses that can help asthma and allergy symptoms — Savasana, Butterfly, and Forward Bend, to name a few. The Bridge is another pose that helps to open up the airways, making it easier to breathe in deep and relieve anxiety and tension in the lungs.

Directions: Lie flat on your back with your arms parallel with your body. Bend your knees and slide your feet toward your butt until your feet are directly under your knees; then lift your butt up off the floor. Think of lifting your tailbone upward toward the ceiling and bringing your thighs parallel with the floor. At the same time, your shoulder blades should be pressed in toward your back, expanding your chest. Hold for 30 seconds to 1 minute, and exhale as you gently lower your spine to the ground.

Before beginning a new exercise program, please check with your physician for medical clearance.

### Last Minute Tropical Sherbet

**Ingredients - 4 servings**

- 12-ounce package frozen mango chunks
- 1 cup frozen pineapple chunks
- 6-ounce carton fat-free lemon Greek yogurt
- lime for garnish

**Preparation**

Remove mango and pineapple from freezer; let stand at room temperature 10 minutes. Combine mango, pineapple, yogurt, and rind in a food processor; process until smooth. Serve immediately for soft-serve texture, or freeze in an airtight container for 1 1/2 hours for firmer texture.

**Nutrition per serving:** 124 Calories; 0g Fat; 2mg Cholesterol; 29g Carbohydrates; 3.3g Protein; 2.2g Fiber, 75mg Sodium

**Tip:** For best results, do not freeze overnight as sherbet will become icy.

### Grilled Tilapia & Vegetable Packets

Wrapping vegetables and fish in a foil packet for grilling or baking is a foolproof way to get moist, tender and delicious results. Serve this Tilapia & veggie combo with quinoa for a nutritious springtime meal with a Mediterranean flair!
Build a Healthy Family!

Families that make healthy lifestyle choices together, stay together! Knowing your and your families past and present health status is important, as is working as a team to make healthy food choices, get enough physical activity and manage stress together. Even the addition of a family pet can attribute to a family’s health. A healthy family is a happy family!

Please join us Wednesday, May 20, 2015 at 12:00 pm to learn strategies that will help you build a healthy family! Click here to register today!

FaceBook & Twitter

Like us on Facebook and follow us on Twitter for the latest news on living healthy!

Ingredients | 4 servings

- 1 cup quartered cherry or grape tomatoes
- 1 cup diced summer squash
- 1 cup thinly sliced red onion
- 12 green beans, trimmed and cut into 1-inch pieces
- 1/4 cup pitted and coarsely chopped black olives
- 2 tablespoons lemon juice
- 1 tablespoon chopped fresh oregano
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon capers, rinsed
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 pound tilapia fillets, cut into 4 equal portions

Preparation (Total Time: 35 minutes)

1. Preheat grill to medium. (Or see oven variation below.) Combine tomatoes, squash, onion, green beans, olives, lemon juice, oregano, oil, capers, 1/4 teaspoon salt and 1/4 teaspoon pepper in a large bowl.
2. To make a packet, lay two 20-inch sheets of foil on top of each other (the double layers will help protect the contents from burning); generously coat the top piece with cooking spray. Place one portion of tilapia in the center of the foil. Sprinkle with some of the remaining 1/4 teaspoon salt and pepper, then top with about 3/4 cup of the vegetable mixture.
3. Bring the short ends of the foil together, leaving enough room in the packet for steam to gather and cook the food. Fold the foil over and pinch to seal. Pinch seams together along the sides. Make sure all the seams are tightly sealed to keep steam from escaping. Repeat with more foil, cooking spray and the remaining fish, salt, pepper and vegetables.
4. Grill the packets until the fish is cooked through and the vegetables are just tender, about 5 minutes. To serve, carefully open both ends of the packets and allow the steam to escape. Use a spatula to slide the contents onto plates.

Oven Variation: Preheat oven to 425°F. Place green beans in a microwaveable bowl with 1 tablespoon water. Cover and microwave on High until the beans are just beginning to cook, about 30 seconds. Drain and add to the other vegetables (Step 2). Assemble packets (Steps 3-4). Bake the packets directly on an oven rack until the tilapia is cooked through and the vegetables are just tender, about 20 minutes.

Nutrition per serving: 181 Calories; 7 g Fat; 1 g Sat; 4 g Mono; 57 mg Cholesterol; 8 g Carbohydrates; 24 g Protein; 2 g Fiber; 435 mg Sodium; 591 mg Potassium

For more recipes and tips visit EatingWell.