

ADVANTAGE

Your resource for health and wellness

ADVENTURE TIME

Enjoy some quality family fun ahead of the new school year

EXERCISE: Water Workouts

PREDIABETES: Changes That Can Save Your Life

TRAVEL: Tips to Ensure Healthy Vacations

RECIPE: Spinach, Strawberry and Walnut Salad

advantage > you



Take Charge of Your Own Fitness and Nutrition



The American Cancer Society (ACS) publishes guidelines on nutrition and physical activity every five years, based on studies from around the world. The latest guidelines recommend that individuals:

- Maintain a healthy body weight throughout life.
- Adopt a physically active lifestyle.
- Eat a healthy diet that is rich in vegetables, fruits and whole grains and low in processed foods and red meat.
- Limit alcohol intake to one drink a day for women and two drinks a day for men.

The benefits of regular physical activity are extensive, including a lower risk of early death, heart disease, stroke, type 2 diabetes and some types of cancer. The ACS recommends that adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week.

WHA can help you enjoy better health. Our wellness program, MyWHA Wellness, has one-click access to online health and wellness tools and information that can help you identify goals, create a plan and track your progress. Visit mywha.org/wellness and get started today!

Donald B. Hufford, M.D.
Chief Medical Officer
Western Health Advantage

TIDBITS

A small amount of nuts can make for smart eating

While nuts are an established source of protein, caloric concerns have kept them off many snack lists. Nuts are high in fat, so eating them will pack on the pounds, right?

In fact, nuts contain heart-healthy unsaturated fats, which are thought to lower cholesterol, and fiber. This helps satisfy your appetite and may aid in the prevention of type 2 diabetes.

Additionally, research has linked moderate nut consumption to reduced weight gain. A 2013 study published in the *New England Journal of Medicine* showed that people who ate nuts not only tended to be leaner but also were 29 percent less likely to die from heart disease and 11 percent less likely to die from cancer.

The study also found that people who ate a limited number of nuts daily were more likely to live longer, compared with people who didn't include nuts in their diet.

So go nuts for nuts with a handful a day.

Western
Health
Advantage



ADVANTAGE MAGAZINE

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3 Questions

Lisa Angst of WHA Member Services answers your WHA-related questions



Does WHA have an after-hours advice line?

Yes. WHA contracts with Optum® to provide around-the-clock nurse advice line services. Nurse24 is staffed by registered nurses who are licensed in California and have been trained in telephone triage and screening. Nurse24 can assist with caring for minor injuries and illnesses, as well as identifying and addressing emergency medical

concerns and seeking the most appropriate help based on medical needs. Nurse24 can be reached at 877.793.3655 and also is available via live chat and email messaging, which can be accessed at mywha.org/healthsupport.

What do I need to know about going to urgent care or the ER?

WHA covers you for urgent care and emergency care services wherever you are in the world. Please note that emergency room visits are not covered for non-emergency situations. If you have an urgent care situation in WHA's service area, you must contact your PCP's office for direction about where to go for urgent care treatment within the contracted network. If an emergency situation arises, whether you are in WHA's service area or outside of the service area, call 911 immediately or go directly to the nearest hospital emergency room. Please make sure you contact your PCP for any follow-up care. If your health problem requires a specialist, your PCP will refer you to an appropriate participating provider.

Reminder to upgrade your MyWHA account!

Please make sure you upgrade your MyWHA access on westernhealth.com; click on "Start Here Login" then "Upgrade MyWHA Account" for the newest personal access version!



HOT TICKET

Enjoy Northern California courtesy of WHA!
WHA sponsors these events or organizations:

Community Events

- Sacramento Undy Run/Walk (February)
- Cinco K Run Fiesta in Fairfield (May)
- Walk a Mile in Her Shoes (May)
- Breathe California Bike Trek (September)
- Sacramento Heart & Stroke Walk (September)
- El Dia de los Muertos in Petaluma (October)
- Run to Feed the Hungry (November)
- Downtown Sacramento Holiday Ice Rink (November–January)
- Santa Parade (December)

Organizations:

- Crocker Art Museum
- River Cats baseball team
- Sacramento Republic FC soccer team
- Soil Born Farms
- WEAVE
- Sacramento Children's Home

DID YOU KNOW?

The Alex G. Spanos Heart and Vascular Center at Mercy General Hospital (part of Dignity Health) is No. 1 in California for cardiac surgery and in the top 5 percent nationwide. Mercy General is committed to providing quality care using the latest technology. For more info on other comprehensive care services offered by Dignity Health, visit DignityHealth.org/Sacramento.

Easing Children's Immunization Fears

Keeping your child's shots up to date can protect his or her health—and prevent classroom outbreaks of diseases such as measles. For a tear-free doctor's visit, try the following tips:

- Be honest. Explain why the shots are needed and that the pain won't last.
- Bring distractions. Studies indicate that children who watch cartoons during vaccinations show less stress.
- Practice relaxation techniques.
- Promise a reward. Thinking about a treat can help a child power through.

Preventing Outbreaks

Even in this age of modern medicine, outbreaks of preventable diseases still occur. Measles, for example, is common in many parts of the world but was declared eliminated from the United States in 2000. Since then, measles outbreaks have surfaced every year, mostly among people who have not been vaccinated. The usual cause is someone becoming infected while visiting another country. Cases of pertussis, or whooping cough, have also spiked in recent years, including in the Sacramento area. Keeping current with immunizations is the best defense against outbreaks. For a complete vaccination schedule, go to mywha.org/shots.

Tone Up With Dr. Tanji

Jeffrey Tanji, M.D., associate medical director, Sports Medicine, UC Davis Health System, suggests getting into the swim of things with aquatic workouts

Running has long been a popular form of exercise in the United States, but the amount of force it puts on the joints can make it difficult for many people. Aquatic workouts, which are low impact but still strengthen the body, can be a good alternative.

Older adults, people with arthritis or osteoarthritis, individuals who are obese, pregnant women, and those with joint injuries may particularly benefit from aquatic workouts. The buoyancy of the water lessens impact on the joints, while still allowing for both cardio and strength gains.

Aquatic workouts can run the spectrum from swimming and high-intensity aqua aerobics, to walking in the water as part of joint and injury rehabilitation, making them nearly as diverse as land-based workouts. You can also switch up your aquatic workout based on the equipment available to you. Flippers, hand fins, snorkels or paddleboards can add variety to your exercise routine.

Water-based exercise does have its downsides. Aquatic workouts are not weight bearing and therefore do not provide the kind of force needed to maintain bone health. To balance this, many people choose to cross-train with activities such as cycling, yoga, Pilates or martial arts. Adding a low-intensity joint workout on alternate days along with water workouts allows the body to recover. Be sure to ask your primary care provider about the best exercise regimen for you.

You should consult your doctor before beginning any form of aquatic exercise. Although water workouts have many benefits, there are safety precautions to consider. Exercise with supervision if you are new to the activity, and make sure you know your swimming ability and level of comfort in the water before getting started.





Colorectal Cancer Screening Can Save Your Life

From the desk of Donald B. Hufford, M.D., WHA chief medical officer

When it comes to colorectal cancer, early detection is key. Unfortunately, while preventive screenings are on the rise in the United States, too many people are still not up to date with their colorectal cancer screenings or haven't been checked at all.

About Colorectal Cancer

Colorectal cancer develops in the colon or rectum and is the second-leading cancer killer for men and women. The overall colorectal cancer mortality rate has been dropping for several decades, thanks in part to early discovery and removal of precancerous polyps.

Who Should Get Screened

The United States Preventive Services Task Force recommends screenings for men and women ages 50 to 75; people with a history of colorectal cancer in their immediate family should consult with their physician about testing at an

earlier age. See your doctor right away if you experience the following symptoms for more than a few days: rectal bleeding; blood in the stool; a change in bowel habits, including diarrhea, constipation or a narrowing of the stool; or abdominal pain.

Prevalent screening methods include:

- Fecal immunochemical tests—which are done annually and check for blood in the stool.
- Colonoscopies—in which a lighted scope is inserted up through a sedated patient's rectum and into the colon, providing a full view of the colon and the rectum's interior—are the standard since clinicians can find polyps or early-stage cancers and remove them during the procedure. Colonoscopies are typically performed every 10 years but may need to be more frequent depending on existing risk factors or if there is a history of

polyps. Although there is a slight risk of bowel perforation, most people will tell you that the preparation is the worst part. Patients need to drink a liquid medication that stimulates the bowels and completely cleans out the colon ahead of the procedure.

Risk Factors

If you have a family history of colorectal cancer, inflammatory bowel disease or certain rare hereditary conditions, as well as unhealthy habits such as too much sedentary activity, excessive alcohol consumption, smoking, and a diet high in red or processed meats, you may be at higher risk for colorectal cancer.

Beat the Odds

Colorectal cancer is serious but very preventable, and screening is the biggest proactive step you can take. Speak with your doctor about the screening method that is right for you.

LET THE Back-to-School COUNTDOWN BEGIN

Young visitors scale the climbing tower at Moaning Cavern Adventure Park and California Zip Lines.



When the warm weather winds down, our thoughts shift from beach reads to textbooks, from sleepaway camp to soccer practice. Study up on some fun family outings and smart back-to-school preparations in this guide to the final days of summer.

OUTDOOR EDUCATION

Make time for at least one more family expedition this season. These excursions encourage fun, fitness and exploration of our region's open-air attractions.

Urban Adventures

McKinley Park (Sacramento)

Kids will love the whimsical playground and recently renovated duck pond. Athletic facilities include a 1-mile jogging path; basketball, tennis and volleyball courts; and Clunie Pool (open through Labor Day), which is equipped with slides, a diving board and a wading pool. There's almost always something in bloom at the historic rose garden, which features more than 1,200 rose bushes. For more info about Clunie Pool, call 916.264.5301.

Extra credit: Through September, Yoga Moves Us leads free yoga classes at McKinley on Saturdays at 9 a.m. (weather permitting). All ages welcome. Visit yogamovesus.org/calendar for details.

Family Bike Nights at Safetyville USA (Sacramento)

Bike with your family for free on Thursday and Friday evenings through Aug. 25 at Safetyville USA, a miniature kid-friendly city that provides a



controlled environment in which to practice traffic safety. The events run from 5:30–8 p.m., so bring a picnic dinner or purchase refreshments at the food court. For more info, call 916.438.3380 or visit safetycenter.org and click on "Events."

Extra credit: Attend the Safety Clinic at 6:30 p.m. for a primer on helmet safety and hand signals.

A Day at the Lake

Folsom Lake State Recreation Area

Grab the sunscreen, pack a cooler and enjoy some relaxing fun at Lake Natoma, which limits watercraft speeds to 5 mph and has lifeguards at Negro Bar and Nimbus Flat. Rent a canoe, kayak or stand-up paddleboard, and sign up for lessons at the Sacramento

State Aquatic Center at Nimbus Flat. At larger Folsom Lake, Granite Bay and Beals Point beaches also have lifeguards. Both lakes offer access to hiking, biking and horse trails. \$10–12/vehicle. For more info, call 916.988.0205.

Extra credit: Visit Folsom Powerhouse State Historic Park, which is located between Lake Natoma and Folsom Lake and is home to one of the oldest hydroelectric facilities in the world.

Gold Country, Underground

Cavern Tours (Sierra Foothills)

For an out-of-this-world experience, head to the Sierra foothills and explore one (or more) of three naturally occurring caverns on a tour led by Cave & Mine Adventures:

Moaning Cavern Adventure Park and California Zip Lines (Vallecito): Descend 165 feet—and 235 stairs—on foot or via rappel. Explore hidden areas during the Wild Cave Adventure Trip, or commune with the trees on the climbing tower and twin zip lines.

Black Chasm Cavern, National Natural Landmark (Pine Grove): This vertical cavern is known for its spaghetti-like stalactite formations. Above ground, visit marble sculptures created by Gold Rush-era hydraulic mining on the short Zen Garden Nature Trail.

California Cavern, State Historic Landmark (Mountain Ranch): The walking tour here covers nearly level territory and involves fewer stairs than the other caverns—but provides equally captivating visuals. Visitors prepared for a challenge (and to get muddy) may register for expeditions that involve crawling, spelunking and rafting.

Prices vary by activity. For more info, visit cavernstours.com or call 866.762.2837. Remember to dress in layers (caverns are cool) and wear sturdy shoes with good traction.

Extra credit: Visit Indian Grinding Rock State Historic Park near Black Chasm Cavern to view petroglyphs and North America's largest collection of mortar bedrocks.

Hidden City

Underground Tour of Old Sacramento

If you are looking for a subterranean adventure closer to home, the Sacramento History Museum offers an Underground Tour of Old Sacramento. Explore hollowed sidewalks and sloped alleys, and even go beneath the historic district, while guides explain how the city raised buildings and streets to escape chronic flooding in the 1860s and 1870s. For more info, visit sachistorymuseum.org/tours.

Extra credit: Walk across Tower Bridge to get a sense of what Sacramento's skyline looked like in its early days.

AVOIDING THE SCHOOL DAZE

The transition from unstructured summer play to overscheduled school activities can be hard, but a little planning goes a long way

Ace the First Days of Class

The anticipation of a new school year may bring enthusiasm—not to mention a few jitters

Get ready for a stellar start with these helpful tips from the American Academy of Pediatrics and PBS Parents:

- Have a heart-to-heart with your child about going back to school—and keep it positive. Remind him or her of the fun of reconnecting with classmates and making new friends. Also offer reassurance that it's normal to feel nervous.
- Walk the halls before the big day to help your child get to know the lay of the land and, if possible, his or her teacher.
- Get your schedule back on track. About a week before school starts, begin preparing for bed 10 minutes sooner and wake your kids 10 minutes earlier the next morning. Repeat this daily until your family is back on schedule. Bonus points if you go through the full morning routine, including arriving at the bus stop or school drop-off on time.

- If your child walks, bikes or skates to school, practice the route while assessing potential hazards. Review safety guidelines with your children, such as always wearing a helmet when biking.
- Establish healthy routines. Encourage eating breakfast every day. As often as possible, have dinner as a family, free from digital distractions. Create bedtime rituals, which might include songs, storytelling and reading.
- Plan an end-of-summer play date or backyard barbecue with old friends or future classmates so your child has familiar faces to look for on day one.
- Schedule your child's annual wellness appointment. This is an important opportunity for your pediatrician to assess your child's overall well-being. It is also a good



time to raise any concerns you may have about your child's health, development or behavior, and discuss any sports-specific issues if your son or daughter is an athlete.

Too Sick for School?

How to determine if your child should stay or go

The school bus is arriving soon, but your child is complaining of a stomachache. It's time to make a quick judgment call: Should you put your kid on the bus or keep him or her home for the day?

A recent national poll by University of Michigan's C.S. Mott Children's Hospital found many parents struggle with this kind of decision. Among the nearly 1,450 parents surveyed, the top deciding factors were fears of an illness getting worse or spreading to other children. For two out of five parents of high school students, the possibility of missed lessons or tests was a very important determinant. A smaller percentage of parents said concerns about missing their own work or finding someone to stay home with their child factored significantly into their decisions. The type and severity of symptoms also play a role.

Next time your child is not feeling well, consider these simple guidelines from the American Academy of Pediatrics.

Keep your child home if:

- He or she has a fever.
- He or she seems too sick to participate in school activities.
- You think he or she may be contagious.

If you send your child to school with minor symptoms, make sure the school and your child know how to reach you in case more severe symptoms develop.

Lights Out, Log Off

Give the electronics a rest: A good night's sleep benefits your child's academics and mental health

Could social media be disrupting your teen's sleep? According to a study published earlier this year in the *Journal of Youth Studies*, one in five adolescents "almost always" wakes up during the night to check or send messages on social media.

When researchers in Europe surveyed hundreds of students between the ages of 12 and 15 about their sleep habits and happiness, they found that nocturnal social media users, as well as students without consistent morning wake-up times, were three times more likely to report feeling fatigued all day at school. In addition, the poorly rested students were not as happy as their peers.

For optimal sleep, the American Academy of Pediatrics recommends keeping mobile devices and TVs out of the bedroom and powering them down at least an hour before bedtime. Designate a family overnight charging station that will prevent beeps, buzzes and blue light from interfering with your household's sleep. The American Academy of Pediatrics also advocates for consistent sleep and waking times.

Sources: Taylor & Francis Group, American Academy of Pediatrics

FUELED ON THE FIELD

Simple snack ideas to keep your child in the game



Power up after-school competitions with these light snacks. (Don't forget to make sure your child stays hydrated with plenty of water throughout the game.)

- 6 ounces of yogurt with fruit
- Peanut or almond butter on whole-grain bread, with real fruit jam
- Turkey and/or cheese wrap
- Low-fat string cheese with pretzels

After the game, give children:

- Whole-grain granola bar
- Grapes or sliced fruit such as bananas, apples or oranges
- Unsweetened applesauce
- Air-popped popcorn with sprinkled Parmesan
- Hard-boiled egg
- Low-fat chocolate milk

Sources: Academy of Nutrition and Dietetics, American Academy of Pediatrics

Keeping Diabetes at Bay



Finding out if you have prediabetes can help you make lifesaving changes

If you're 45 years of age or older, inactive and overweight, chances are high that you have prediabetes—especially if type 2 diabetes or heart disease runs in your family. This means your blood glucose levels are higher than normal, but not yet high enough for you to have diabetes. The good news is that a diagnosis of prediabetes can be a lifesaving wake-up call because you still have time to turn things around.

Prediabetes and diabetes have become an epidemic in the United States. In California alone, 55 percent of adults either have diabetes or prediabetes, according to a study conducted by the UCLA Center for Health Policy Research. Even more alarming, cases of prediabetes are on the rise among young people, affecting one-third of Californians ages 18 to 39. With diabetes and high blood sugar, you have an increased risk for many debilitating and deadly conditions, including cardiovascular disease, Alzheimer's and kidney damage.

People with prediabetes rarely have any symptoms, so the only way to know for sure is to get tested. There are two blood tests your doctor can use to diagnose prediabetes. The A1C test measures your average blood glucose level for two to three months, and the fasting plasma glucose test measures blood sugar levels after restricting food for eight hours.

If you are diagnosed with prediabetes, you still have time to make changes that can lower your blood

glucose levels and help you avoid becoming diabetic. An estimated 15 to 30 percent of people with prediabetes will have diabetes within five years. The best course of action is adopting a healthy diet and engaging in regular exercise; losing as little as 5 percent of your body weight can help lower blood sugar to a safe level.

If you do have prediabetes, ask your doctor about the Centers for

Disease Control and Prevention's National Diabetes Prevention Program, which includes recommendations such as eating a diet high in vegetables and whole grains, and low in refined carbohydrates or sugary foods. Getting active for at least three and a half hours every week also makes a difference.

TOP RISK FACTORS FOR PREDIABETES

- **Age:** Most people over age 45 should get tested.
- **Weight:** Obesity is a major concern for people of all ages.
- **Inactivity:** Even 30 minutes of activity per day can make a difference.
- **Diet:** Consuming processed foods, red meat, sugary sweets and sodas can put you at risk.
- **Family history:** There is a greater probability of prediabetes if someone in your immediate family has type 2 diabetes.

A Closer Look

SAFE TRAVELS

Planning ahead can ensure that your summer vacation is both happy and healthful

The flights are booked and your hotel reservations are made, but you need to consider additional factors to make sure you have an ailment-free vacation. Whether you are traveling to a far-off location or somewhere closer to home, preparation can help ensure a healthful trip.

The Centers for Disease Control and Prevention (CDC) advises U.S. travelers to be “proactive, prepared and protected,” especially when going overseas. Although precautionary measures will vary depending on the complexity of your trip, consider the following suggestions.

- **Research your destination.** What are the local laws and cultures? Are there regional health concerns? The U.S. Department of State offers a wealth of information at travel.state.gov, and both the CDC (wwwnc.cdc.gov) and the World Health Organization (who.int) post country-specific travel advisories on their websites.
- **See your primary care provider at least four to six weeks before your trip** to discuss immunizations and medications, as well as any special needs or medical considerations you might have. Give your physician a complete picture of your trip, including where you are going, the duration of your stay and your planned activities.
- **Pack a first aid kit.** Make sure you have a full supply of your prescription



medications (keep a week's worth in your carry-on luggage), along with sunscreen; insect repellent containing 30 to 50 percent DEET; and basic first aid items, including bandages, anti-diarrheal medicine, pain relievers and antihistamines. Be vigilant about regular application of bug spray and sunscreen, and wear long sleeves while outdoors at night in countries with concerns about malaria or the Zika virus.

- **Stay hydrated, and practice good hygiene.** Avoid drinking alcohol during your flight, and stick with bottled water, or water and ice that have been boiled or treated. Wash your hands frequently throughout your journey, and avoid touching your mouth or face to prevent the spread of germs. Visit wwwnc.cdc.gov/travel

for destination-specific food safety suggestions.

- **If you do get sick or hurt, help is available.** One of your benefits as a WHA member is travel aid through Assist America. Whether you are 100 miles from home or across the world, you have access to a global network of qualified medical personnel; emergency medical evacuation and message transmission; assistance with hospital admissions and prescription replacement, lost luggage, or documents; interpreter services; and care for minor children left unattended by illness or injury, among other services.

Download the Assist America app, or visit mywha.org/travel to find out more.

Health Care Fraud

Fraud is the No. 1 threat to our health care system, costing Americans billions of dollars each year. Fraud is the intentional submission of wrong or misleading information in order to gain a benefit or payment. There are many types of health care fraud, such as:

- Billing for services that were not provided or a different service than received
- Using another person's WHA ID card to obtain health services
- Falsifying medical or enrollment records

WHA is committed to detecting and investigating suspected health care fraud and abuse. You can help by calling WHA's toll-free Fraud and Compliance Hotline at 888.563.2250 to report possible fraudulent activity.



THE POWER OF THE WRITTEN WORD

Kelly Brothers on the value of putting pen to paper



Recently, I spent a wistful evening going through my dad's personal things. My father, Pete Brothers, passed at the age of 86 last October. I was mesmerized by the letters my mom and dad wrote to each other during the beginning of their relationship in the late 1950s (their romance would span

five decades). Not only were they in love, but that love was heightened by the fact they were both far from their homes in Ireland (mom in New York, dad in Sacramento), with a great adventure ahead of them.

Also, I recently took the CFP exam, a rigorous financial assessment. If you are fortunate to pass the six-hour test, you are just a few steps away from gaining the prestigious "Certified Financial Planner"

designation. During the six-month exam prep, you can buy pre-made flash cards so you can test yourself at any time of the day or night. However, one of my instructors told us not to buy the cards, that we should do our own because he believed that the act of writing our own cards in pen was a far more effective way to learn the material. He was right. I handwrote more than 100 cards and found the act of writing was instrumental in absorbing the material.

Bottom line: Don't underestimate the power of the handwritten word. Keyboards and "voice recognition" have largely replaced writing. But that will make the timeless act of putting pen to paper even more unique, whether you are trying to learn a new subject or to express your feelings to someone you love.

GET ACTIVE!

WHA ADDS ACTIVE&FIT DIRECT™ TO HEALTH CLUB OPTIONS FOR MEMBERS

As a WHA member interested in getting fit and staying healthy, you now can choose the Active&Fit Direct program, which allows you to work out at any fitness center in the network. The monthly cost is just \$25 (plus tax where applicable); that's less than \$1 a day!

The program offers:

- Access to 9,000-plus fitness centers nationwide
- A free guest pass to try out a fitness center before enrolling (where available)
- Online directory maps and locator for fitness centers (with responsive design for mobile devices)
- Online fitness tracking via your choice of many wireless fitness devices, apps and exercise equipment

Active&Fit Direct membership has a \$25 enrollment fee and a monthly fee of \$25 (plus tax where applicable) and requires an initial three-month commitment at \$25 a month. After that, it is month to month. To learn more, visit mywha.org/gyms.

CONTINUING HEALTH CLUB PARTNERSHIPS

As of July 1, 2017, in addition to adding Active&Fit Direct, WHA is continuing our partnerships with California Family Fitness, Spare Time Clubs, Crossfit ASAP (in Dixon), Synergy Health Club (in Petaluma) and HealthSpring Fitness (in Vacaville).

Visit mywha.org/gyms for details on discounts for WHA members at these gyms, their locations and links to their websites. You may also call WHA Member Services at 888.563.2250. Before starting any exercise program, be sure to check with your doctor.

The Active&Fit Direct program is provided by American Specialty Health Fitness Inc., a subsidiary of American Specialty Health Inc. (ASH). Active&Fit Direct is a trademark of ASH and used with permission herein.



SPINACH, STRAWBERRY AND WALNUT SALAD

This dish goes beyond the usual salad experience, thanks in part to the contrast of walnuts with fresh strawberries. (To cut down on sugar, skip the strawberry preserves in the dressing; the raspberry balsamic is sweet enough.)

INGREDIENTS

Salad

- 8 cups (handfuls) fresh spinach
- 4 cups fresh strawberries, sliced
- 32 walnut halves, rough chopped
- 4 ounces Gorgonzola cheese, crumbled (for a lower-calorie option, use reduced-fat cheese)
- 1 red onion, thinly sliced

Raspberry Balsamic Vinaigrette

- $\frac{2}{3}$ cup raspberry balsamic vinegar
- 4 tablespoons olive oil
- 2 teaspoons strawberry preserves
- 2 teaspoons honey Dijon mustard
- Pinch onion powder, salt and pepper

DIRECTIONS

Put all of the salad ingredients in a large bowl. Combine the vinaigrette ingredients in a jar or container and seal tightly before shaking vigorously. Pour a small amount of the vinaigrette on the salad ingredients and toss well. Taste, and add more vinaigrette only as needed. Serve salad on four large plates.

NUTRITION INFORMATION

Calories: 358	Protein: 12 g
Total fat: 23 g	Fiber: 6 g
Saturated fat: 6 g	Calcium: 307 mg
Sodium: 402 mg	

Source: Dairy Council of California

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Put your heart into it.

Join the **WHA team** and other walkers from across our community as we step out to have fun, get inspired and support the cause of fighting heart disease and stroke.

2017 Sacramento Heart & Stroke Walk

State Employees Walk

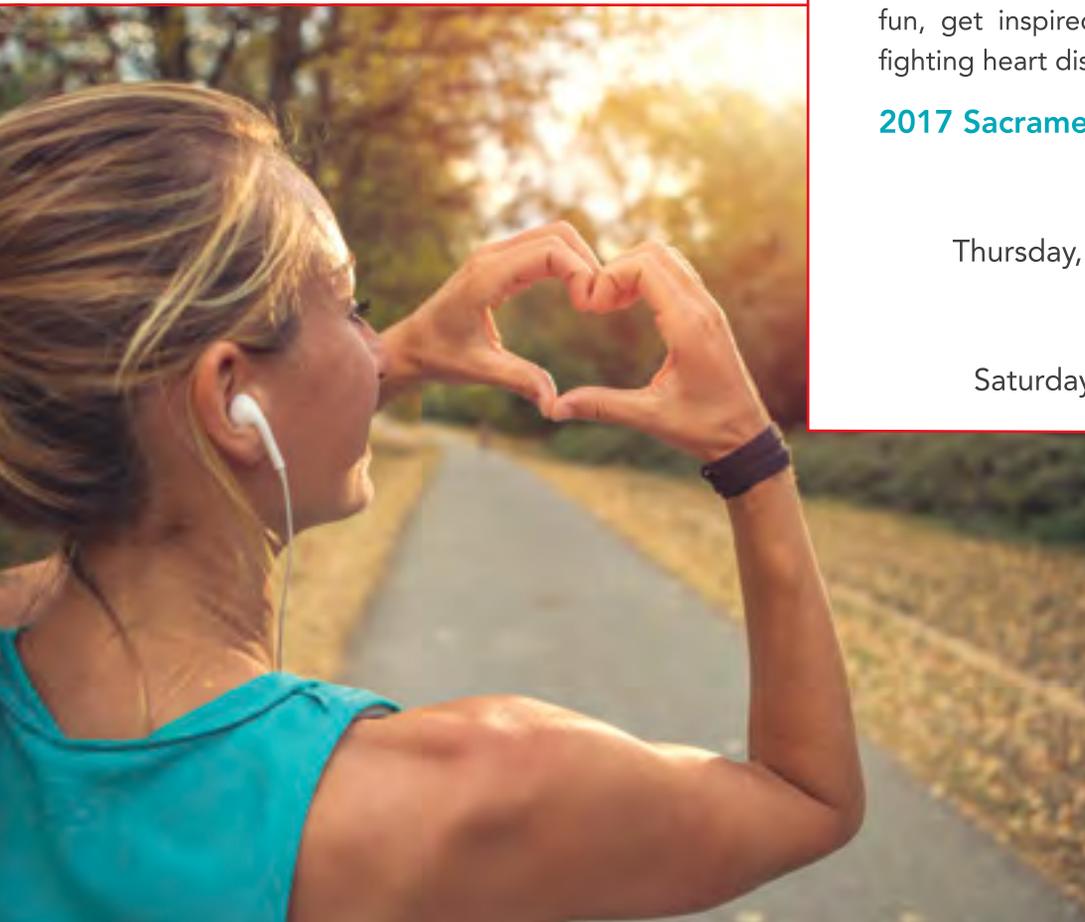
State Capitol West Steps

Thursday, September 21 | 11:15 a.m.

Community Walk

William Land Park

Saturday, September 23 | 8:30 a.m.



American Heart Association | **American Stroke Association**

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Join the WHA Heart Walk Team | visit mywha.org/heartwalk