

# LIVE HEALTHY WITH JASO



Dear JASA Clients and Friends,



JASA is committed to providing services that enable you to live your happiest and healthiest life possible. We are excited to introduce a new program **Live Healthy with JASA** to help you proactively

manage your health.

- Feel better, increase your energy and get relief from pain, fatigue, and anxiety
- Take control of your life so that you can do the things you want each day
- Get connected and learn from others who have similar health issues

We hope you will share your stories and inspire all of us at [#JASAhealthyliving](https://twitter.com/JASAhealthyliving)

**Kathryn D. Haslanger**  
Chief Executive Officer



**JASACare can help 877-736-5272 or [homecare@jasa.org](mailto:homecare@jasa.org)**

**Boost your health and wellness.**



**July/August**

**JASA's Evidence-Based Programs:**

- Diabetes Prevention/Self-Management Workshop: Coney Island (Begins July 9<sup>th</sup>)  
718-943-7812
- Live Healthy: Nutrition and Walking Fitness: Sue Ginsburg/Bronx (Begins July 6<sup>th</sup>)  
718-881-1758

Please check your local JASA activities at:  
[www.jasa.org/locate](http://www.jasa.org/locate)

## What are Evidence-Based Programs?

Evidence-based practices are based on a combination of rigorous research along with clinical expertise and personal preferences. Your health care provider might recommend a "Chronic Disease Self-Management Program" for a diagnosis of one or more chronic conditions. The health care provider makes this recommendation because there is sufficient evidence that participation in this program results in improved quality of life and/or health outcomes. Please join us and participate in JASA's evidence-based workshops and summer activities!

**This summer, do you need extra help around the house? Are you caring for someone or for yourself and need a little additional support?**

# NOTES FROM OUR NUTRITIONIST



I am JASA's Registered Dietitian and I look forward to sharing information and tools that will enable you to live with vitality. We also hope you will share your stories and let us know what has worked for you. **Please send an email to: [newsletter@jasa.org](mailto:newsletter@jasa.org)**

Leslie Rosen, RD

## HERE ARE 8 STEPS TO SUCCESS:

1. Eat whole unprocessed foods including fruits, vegetables, whole grains, lean protein, beans, legumes, nuts, and seeds.
2. Drink at least 6 glasses of water daily. Add lemon for a nutrient boost.
3. Don't drink your calories. Stick to unsweetened teas and water.
4. Eat three meals and two to three snacks daily.
5. Keep a food journal.
6. Be active at least 20 minutes a day.
7. Plan ahead with healthy accessible foods.
8. Weigh yourself weekly.

## Healthy Summer Nutrition

Many of us eat more calories than we need because **we are unconscious eaters**. It is important to create the habit of eating consciously so that we know where we stand calorically for the day. The best way to do this is by keeping a **food journal**. Below is a sample journal for you to begin planning and tracking your food intake for the week. We recommend reviewing your journal weekly to think about manageable ways to improve your nutrition. Please feel free to reach out to me with questions...

	SUN	MON	TUES	WED	THURS	FRI	SAT
Breakfast							
Lunch							
Dinner							
Snacks							
Water							
Activity							

## Simple Weight Loss Recipe: Chickpea Salad



### Ingredients:

1 can of chick peas, rinsed

1/2 cup grape tomatoes, halved

1 yellow or orange pepper, large diced

1/4 cup chopped fresh cilantro leaves

2 limes, juiced

1 T extra virgin olive oil

Serves 2-4

Yields 2 cups salad

### Preparation:

In a medium sized bowl add chickpeas, tomatoes, pepper and cilantro. In a small bowl add lime juice, while mixing with a fork drizzle in the oil. Add the dressing to the salad and serve. Great as a side dish – or top with chicken, tuna or hard-boiled egg to eat as a meal.

### Nutrition Facts:

Serving Size: 1/2 cup

Calories: 117 • Fat: 4.2 g

Carbs: 16.7 g • Fiber: 3.2 g

Protein: 3.6 g



Please share your stories, tips and healthy recipes for future newsletters. Let's do this together and inspire healthy and happy living! #JASAhealthyliving

