


Featured Rewards Partners



 Need an escape after all the holidays? Visit Sabai Thai Spa located at Onward Beach Resort to receive a 25% discount from the menu pricing.

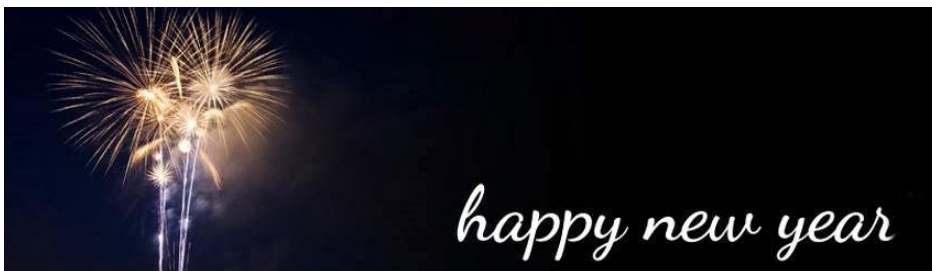
Looking for a new look in 2016?



Visit Cuts & Color at the Harmon Loop Hotel and receive 10% off all hair services!



Are you having trouble with your sleep? Visit Guam Sleep Center and receive a 50% discount off your co-pay!



January is Cervical Health Awareness Month!

Do not let yourself or any of your loved ones become contributing numbers to a cervical cancer statistic count! Cervical cancer is preventable when it is detected early. Regular pap tests not only help to find changes in the cervix before cancer develops, but they can also find cervical cancer in its most curable stage.



If you are over the age of 21 years and have not had a regular pap test in over a year, please schedule one with your doctor today.

Weight Loss Wellness

Jump-start your weight and fitness efforts by simply adding green-based smoothies or juices to your food plan!



- To keep your blood sugar steady, within already normal levels, select mostly low-sugar fruits, such as berries, lemons and limes.
- Teas such as roobois and green tea are zero-calorie, flavorful ways to bump up your antioxidant intake.
- Seeds such as chia and sunflower thicken smoothies, boost nutrients and help you feel full.
- Lacto-fermented foods, such as kimchi and kombucha, provide good bacteria, improving digestion with soluble and insoluble fibers that help your regularity.

Things to Know About Birth Defects:



1. Did you know there are ways a pregnant woman can keep her unborn baby safe from infections?
The best way to protect your unborn baby is to wash your hands often, especially after touching raw foods, pets, and other children.
2. Did you know that some birth defects can be prevented?
A woman can take folic acid, have regular checkups, make sure any conditions are under control, get tested for infectious diseases, get necessary vaccinations, and not use cigarettes, alcohol, or other drugs to help prevent birth defects.
3. Did you know that birth defects are common?
Birth defects affect 1 in 33 babies every year and cause 1 in 5 infant deaths.
4. Did you know that some birth defects can be diagnosed before birth?
Tests like an ultrasound and amniocentesis can detect spina bifida, heart defects, or Down syndrome. Prenatal care and screening are important because early detection allows families to plan for the future.

Moderate Sugar Content Foods:

FOOD	SERVING SIZE	SUGAR(GRAMS)	FIBER(GRAMS)
Sweet Potato	1 cup	6	4
Blackberries	1 cup	7	8
Strawberries	1 cup	7	3
Beets	1 cup	9	4
Grapefruit	1	9	1
Tangerine	1	9	2
Watermelon	1 cup	9	1

Mediterranean Chicken Salad



Ingredients:

- 1 cup romaine lettuce, large chunks
- 4 ounces chicken breast, precooked
- ½ cup cherry tomatoes
- ¼ cup kalamata olives
- ¼ feta cheese

Directions:

1. Place all ingredients into a processor bowl in the order listed, starting with the romaine lettuce.
2. Pulse 3-5 times, until desired chop is achieved. Top with your favorite dressing and enjoy!

Is organic important?

Vegetables, fruits, and food grown organically or without the use of potentially harmful pesticides, may contain more nutrients than “conventionally-grown” produce. To help you select organic produce with the least amount of pesticides, the Environmental Working Group compiles a yearly list of the Dirty Dozen Plus™ and Clean 15™. To learn more about the EWG, the Dirty Dozen Plus™ and Clean 15™ classifications, and find the most up-to-date EWG lists, visit www.ewg.org.

The Clean 15™

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Eggplant
- Grapefruit
- Kiwi
- Mangos
- Mushrooms
- Onions
- Papayas
- Pineapple
- Sweet corn
- Frozen sweet peas
- Sweet potatoes
- Watermelon



Dirty Dozen Plus™

- Apples
- Celery
- Cherry tomatoes
- Collard greens
- Cucumbers
- Grapes
- Hot peppers
- Kale
- Nectarines
- Peaches
- Potatoes
- Spinach
- Strawberries
- Sweet bell peppers
- Zucchini

COMMON EXERCISE ERRORS: CARDIO

Slouching! Leaning on the equipment when working out means your back and spine aren't getting the support they need and your lungs aren't taking in as much oxygen as they can. While you're on the treadmill, elliptical, or stair-climber, make it a habit to stand up straight.

Reading! If you're able to read while on the treadmill, it means you aren't focusing your attention on your workout. If you absolutely cannot put the book down, stop reading every 5 minutes and step up the intensity for another five.

The Death Grip! Holding on too tightly to the equipment handles takes some of the work away, meaning you're cheating yourself out of the real deal. Instead of gripping tightly, balance yourself lightly with just your fingertips.

Extra weight! As a general rule, keep your cardio separate from the strength training. While carrying hand weights while running may seem like a bigger bang for your buck, it can actually put unnecessary strain on your body and cause injury.

Cardio only! Despite your urge to focus your workout on cardio exercises only, a proper workout incorporates strength training as well. This helps build and condition muscles, improving your metabolism and calorie-burning abilities.



Healthy meal-making swaps

Type:	Instead of:	Substitute with:
Dairy	Full-fat sour cream	Plain low-fat yogurt, plain Greek yogurt
	Evaporated milk	Evaporated skim milk
	Whole milk	1% milk, fat-free milk, almond milk
	Cheddar cheese	Low-fat cheddar cheese
	Ice cream	Frozen yogurt or sorbet
	Cream cheese	Light cream cheese

January 2016 is National Hot Tea Month! Below are some health benefits to drinking teas:

- Tea can boost exercise endurance.
- Drinking tea could help reduce the risk of a heart attack.
- The antioxidants in tea might help protect against a boatload of cancers.
- Tea is hydrating to the body.

