

# A Healthier You



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Our mission at National Wellness & Fitness Association is to enhance the quality of life for our members by providing educational information, benefits and services. The articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment.

## Support Your Immune System This Flu Season With 6 Easy Tips

(BPT) - As the cold weather approaches, it's time to gear up for flu season. Even though germs are always around, you can take small, daily steps to give your body a better chance to stay healthy. Registered Dietitian and Nutritionist Dawn Jackson Blatner shares six simple, practical tips to keep your immune system strong during the fall and winter months.



### 1. *Add spices to your meals*

Certain spices like turmeric, garlic and ginger not only add flavor to your food but also provide natural anti-inflammatory and antimicrobial benefits. Consider adding these spices to your meals for a simple and tasty way to support your immune system.



## 2. *Stay hydrated*

Staying hydrated helps your body flush out toxins and defend against seasonal bugs. Water is essential, but broths and herbal teas are also good options that provide extra warmth and comfort during the colder days.



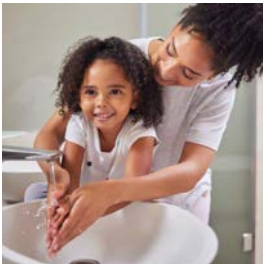
## 3. *Eat colorful fruits and vegetables*

The colors of produce reflect phytochemicals, natural compounds that offer unique health benefits. According to the Mayo Clinic, when eaten, these phytochemicals can provide certain health benefits, including antioxidants that strengthen your immunity. Filling your plate with a variety of colors, such as leafy greens, peppers, carrots and berries, ensures you get a wide range of protective nutrients.



## 4. *Prioritize sleep*

Sleep is the time when your body repairs and recharges. Getting seven to nine hours of restful sleep each night helps your body recover from daily wear and tear, and prepares your immune system to handle seasonal changes.



## 5. *Practice good hygiene*

Good hygiene is one of the easiest ways to reduce your chances of getting sick. Washing your hands regularly, avoiding touching your face and keeping frequently used surfaces clean can help reduce the spread of germs. Don't forget your phone and computer keyboard!



## 6. *Eat immune-supporting meals*

The meals you choose can help strengthen your body during flu season. As you plan your meals for the week, add immune-supporting options to your list. Cooking meals with wholesome ingredients like chicken broth and veggies such as this Harvest Stracciatella Soup (Italian Egg Soup with Vegetables) from Egglund's Best can help you stay nourished all season long.

Egglund's Best eggs contain six times more Vitamin D compared to ordinary eggs, which helps strengthen immune cells so they can defend against harmful bacteria and viruses. They also contain more than double the omega-3s compared to ordinary eggs, which support immune defenses and reduce inflammation. Plus, they provide high-quality protein, which is the building block of antibodies and immune cells, making it essential for strong defenses.



## Harvest Stracciatella Soup (Italian Egg Soup with Vegetables)

Prep time: 15 minutes | Cook time: 15 minutes | Yield 4

### Ingredients

- 1 tablespoon extra virgin olive oil
- 3 cups chicken broth
- 1 cup coarsely grated sweet potato
- 1/2 cup onion, finely chopped
- 1 cup shaved Brussels sprouts
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon Kosher salt
- 6 cups chicken, cubed
- 4 Eggland's Best eggs, large
- 2 tablespoons cornstarch
- 1 cup freshly grated Parmesan cheese
- 2 cups chopped kale

### Directions

1. Heat the oil in a 2-quart soup pot over medium heat.
2. Add the grated sweet potato, chopped onion and shaved Brussels sprouts and sauté for 3-4 minutes until softened.
3. Pour the broth into the pot, over sauteed vegetables and bring to simmer, about 4 minutes.
4. While broth is coming to a simmer, put the eggs, cornstarch and half of the cheese (reserve remaining for upcoming step) in a medium bowl and whisk together.
5. Scoop out 1 cup of the hot broth from the saucepan and add to the egg bowl, whisking until smooth.
6. Slowly add the egg mixture to the soup in the saucepan, whisking constantly. Turn the heat down to low and continue cooking until the soup thickens, 4-6 minutes.
7. Stir in the chopped kale and cook for another 2 minutes until wilted. Season with nutmeg.
8. Serve in warm bowls with the additional cheese sprinkled on top.

You can find more immune-supporting recipes to get you through flu season at [EgglandsBest.com](http://EgglandsBest.com).



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## How to Recognize Anaphylaxis in Infants and Toddlers

(BPT) - Anaphylaxis is a severe, life-threatening allergic reaction that can happen at any age. In infants and toddlers, symptoms can escalate quickly. Spotting the early warning signs of anaphylaxis and acting fast can help keep a child safe.

The challenge for parents and caregivers? Infants and toddlers are unable to tell you what's wrong. They don't yet have the words to describe what they're feeling. It's up to you to recognize that something serious may be happening.

That's why it's important to learn the unique symptoms of anaphylaxis in very young children - and know how to respond quickly.

Allergy & Asthma Network, the leading national nonprofit organization dedicated to improving the health of people with asthma, allergies and related conditions, recently launched a new Infant Anaphylaxis online guide. It includes practical information and resources for parents and caregivers.

## What is anaphylaxis?

Anaphylaxis occurs when the body's immune system reacts to a substance - such as food, medication, an insect sting or latex - as if it were dangerous. This triggers the release of histamine and other chemicals, leading to a chain reaction of severe symptoms.

The response can affect multiple body systems, including the skin, breathing, digestion, nervous system, and heart. Because babies can't tell you how they feel, the signs are more subtle - and easy to miss.

Without prompt treatment, anaphylaxis can cause swelling of the airways, breathing difficulties, or even shock. Epinephrine is the first line of treatment for anaphylaxis.

## What causes anaphylaxis in young children?

Food allergies are the most common cause of anaphylaxis in infants and toddlers. Foods that may cause a reaction include cow's milk, infant formula, eggs or peanut products. Infants may also develop symptoms when a mother consumes a food allergen and it passes into her breast milk.

Certain medications such as penicillin-based antibiotics may cause allergic reactions. Insect venom from a sting and latex are other potential allergic triggers. Latex can be found in bottle nipples, pacifiers and other rubbery products.

Experts now recommended introducing common

food allergens to babies at 4-6 months of age. Research shows that when babies eat these foods early and often, their immune systems can learn to accept them instead of reacting to them. This can reduce the risk of food allergies later in life.

If your baby has eczema or already has a food allergy, speak with a pediatrician or pediatric allergist before introducing common food allergens into your child's diet.

## What are the symptoms of anaphylaxis in infants and toddlers?

Anaphylaxis can look different in infants and toddlers than it does in older children and adults. Recognizing the early signs is critical. Symptoms can change quickly and may become life-threatening if not treated right away.

It's important for parents and caregivers to watch closely for physical or behavioral changes. Here are some common signs of anaphylaxis in each body system, with additional signs to watch for in infants and toddlers:

### Breathing

- Common signs in all ages: shortness of breath, cough, tight or hoarse throat, swelling of lips or tongue that impacts breathing
- Additional signs in infants and toddlers: belly breathing, rapid breathing, nasal flaring, tugging the chest or neck, hoarse cry

### Heart

- Common signs in all ages: skin color is pale or has a bluish tint, weak pulse, dizziness or fainting
- Additional signs in infants and toddlers: blotchy discoloration of the skin, fast heartbeat, appearing limp or wobbly with poor head control

### Skin

- Common signs in all ages: many hives across the body

- Additional signs in infants and toddlers: obvious swelling on the face

### **Stomach**

- Common signs in all ages: severe vomiting or diarrhea (may be combined with other symptoms)
- Additional signs in infants and toddlers: vomiting more than once, vomiting or diarrhea combined with other symptoms

### **Behavior**

- Common signs in all ages: feeling of “doom,” confusion, agitation, altered consciousness
- Additional signs in infants and toddlers: very tired, difficult to wake up, withdrawn, crankiness, inconsolable crying

Symptoms of anaphylaxis may vary among babies and can be different each time a baby has an allergic reaction.

## **Treating anaphylaxis**

Infant anaphylaxis is a medical emergency needing immediate action. Epinephrine is the only medication that effectively treats anaphylaxis. It's key to always have at least two doses on hand, as symptoms can sometimes come back after the first dose is given.

If you think your child has been exposed to a food allergen, or severe symptoms are occurring in one or more body system, give epinephrine right away. If symptoms are mild but occurring in more than one body system, you should also give epinephrine. Seek emergency medical help if your baby's symptoms are severe, come back or worsen after the first dose, or don't go away completely.

Ask your child's pediatrician for an epinephrine prescription for your child. Make sure you feel comfortable giving it. Teach others who care for your child how to administer it.

Learn more at [AllergyAsthmaNetwork.org](http://AllergyAsthmaNetwork.org).



# NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of National Wellness & Fitness Association will be held at 12444 Powerscourt Drive, St. Louis, MO 63131, on Friday, December 12, 2025 at 12:00 p.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

## PROXY National Wellness & Fitness Association December 12, 2025 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF NATIONAL WELLNESS & FITNESS ASSOCIATION

The undersigned member of National Wellness & Fitness Association does hereby constitute and appoint the President of National Wellness & Fitness Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of National Wellness & Fitness Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [    ], or to [    ] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors:  
Ryan Kerner, Mike Lorenz and Adam Ansberry
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: \_\_\_\_\_, 2025

Signature \_\_\_\_\_

Name (please print) \_\_\_\_\_

Please date and sign and return promptly to 12444 Powerscourt Drive, St. Louis, MO 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri  
November 13, 2025  
Date



# National Wellness & Fitness Association

*A Healthier You* is published by:  
**National Wellness & Fitness Association**

For information regarding your membership  
and association services, call or write:

**Membership Services Office  
National Wellness & Fitness Association  
12444 Powerscourt Drive  
Suite 500A  
St. Louis, MO 63131**

**1-800-992-8044 or (636) 530-7200**

Benefits may not be available in all membership levels.  
For more information, or to upgrade your membership, please call 1-800-992-8044