

HEALTHY *You!*

"Your Source For A Happy and Healthy Lifestyle."

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THIS EDITION FEATURES:

BREAKFAST:

STILL THE MOST
IMPORTANT MEAL

Quality
Time...
OFFLINE

5 DECISIONS
for a Healthier Year

LAST-MINUTE
RESOLUTIONS
THAT LAST

BREAKFAST
ESSENTIALS:
PROTEIN
WHOLE GRAINS
FRUIT
VEGGIES



POST-
HOLIDAY
HEALTH
REBOUND

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Independence 



BREAKFAST:

STILL THE MOST IMPORTANT MEAL

Mornings can be rough, but don't rush out the door without making time for breakfast. There may be no meal as important and beneficial. Eating a healthy breakfast can help:

- Control blood sugar throughout the day
- Curb hunger and regulate appetite
- Prevent overeating

You may have heard the saying, "Eat breakfast like a king and dinner like a pauper." It's a good start, but simply eating more of your daily calories in the morning, isn't enough — the quality of the foods matters. Choose to start the day with a nourishing breakfast that includes protein, whole grains, fruit, and vegetables. Then, see if it makes a difference in your day.

Recipe of the Month:

Breakfast Burrito

Ingredients:

1 Whole-wheat tortilla
2 Eggs

¼ Cup low-fat shredded cheese
½ Cup black beans

Instructions:

Scramble eggs in a nonstick pan and move to a plate. In same pan, add tortilla and cook until just heated through. Spoon cooked eggs evenly down center of tortilla. Top with black beans and cheese. Fold in opposite sides of the tortilla and roll up burrito-style. Serve immediately.





Post-Holiday Health Rebound

Stuffed from stuffing? Jam-packed with sugar? It's time to put seasonal indulgences (and guilt) behind us. Here are five ways to make a fresh, healthy start in 2018:

- 1. Let it go.** Eating a whole chocolate advent calendar is SO last year—literally! Allow yourself to put your holiday habits in the past and look forward to making better decisions.
- 2. Go for a walk.** Ramp up your exercise plan with a quick, brisk stroll outside. Walking has the added benefit of boosting your metabolism.
- 3. Drink water.** Holiday drinks, such as eggnog and wine, are a

major source of sugar. Hydrating with calorie-free water or seltzer helps you get back on track.

- 4. Return to home cooking.** Now that buffet season is over, it's time to get back to appropriate portion sizes. Cooking your own meals lets you limit food quantity and control the quality of your ingredients.
- 5. Find support.** You're not the only one who wants to get back on track. Sign up for a challenge or share goals with others who can motivate and support you.

Remember: For the best long-term results, take it slow and make gradual changes. Healthy new year!

THANKS, I'LL STAND

Often, the first words we are greeted with are, "Have a seat!" But for thousands of years, humans used their bodies as they were designed: for movement. People walked where they needed to go and sat when it was time to rest. Sitting or standing all day at work or at home is simply not good for us.

So what should we do? Mix it up: Stand some, sit a little, then get up and walk around. Need some ideas? Try these:

Stand like a tree pose is a tai chi technique developed to raise our energy levels and refresh mental and emotional health. Stand with your feet shoulder-width apart, let your arms hang loosely by your sides, lower your chin a little, and relax your neck. Breathe calmly through your nose.

Mountain pose from yoga has you stand with your feet together, balancing your weight evenly on each foot. Hold your arms along the side of your body with your palms facing forward. Stand up straight, inhale and exhale deeply for 10 breaths.

Western pose is demonstrated in old Western movies that showed cowboys with one foot elevated on the foot rail of a bar or fence. Use this back-relief method with a footstool if you use a standing desk or are on your feet for extended periods of time.



Quality Time... Offline

Social connection isn't just found on social media. It also means having close confidantes in your life. Human connection is about having someone to call when you are sad, people who are happy for you when you share good news, and steady relationships with people you can trust.

In the current era of electronic connectivity, some of us may miss opportunities to actually connect. For generations, humans learned to communicate through facial expressions, gestures, tone of voice, and touch. We often need personal contact in order to bond, form friendships, and avoid loneliness.

To foster deeper relationships:

- **Communicate in person.** Don't ignore the person in the room in favor of the one on your phone.
- **Lift your spirits...live!** Try laughing out loud with someone, instead of typing "LOL."
- **Don't have difficult conversations online.** It may feel like an easier way to face an uncomfortable situation, but emotion doesn't transmit well electronically, and the outcome is often worse.



ASK FOR SUPPORT!

Share your goals with family and friends and accept help from those who care about you.

Last-Minute Resolutions That Last

A new year can be a time to feel refreshed and refocused. Many people set new goals, contemplate accomplishments, or shift priorities.

Haven't made any resolutions yet? Here's some inspiration:

1. **Forgive yourself for past failures.** Mistakes are learning opportunities that can lead to success.
2. **Be realistic.** Don't aim for anything too difficult or time-consuming.
3. **Be optimistic!** Be positive about your chance for success.
4. **Stay motivated.** Focus on your past successes. Congratulate yourself at every step.
5. **Don't aim for perfection.** Good results are good enough!



5 Choices for a Healthier Year

Your 2018 resolutions don't have to be limited to what you eat and how often you exercise. This year, make it a priority to maintain your whole body and mind.

- 1. Schedule your yearly check-up.** Preventive care can detect diseases or help prevent illnesses before they start.
- 2. Sleep 7-8 hours a day.** Quality sleep is essential for your body and mind to function properly.
- 3. Eat (mostly) healthfully.** Find and choose healthy foods that you enjoy and try to fit them in to your daily diet.
- 4. Schedule your exercise.** Time tight? Pencil in a 20-minute walk to boost your mood and body.
- 5. Practice managing stress.** Find a few simple ways to find relief from stress and tension, even if it's just allowing yourself 20 minutes a day to do something you enjoy.

Monthly Quiz:

1. Which best describes the “standing like a tree” pose?

- a. Being still and holding your breath.
- b. Practicing a tai chi technique to raise energy.
- c. Standing outside next to a tree.

2. What should you NOT do if you overindulged over the holidays?

- a. Return to healthy eating habits.
- b. Find support from others to help get back on track.
- c. Go on a strict diet that limits all carbs.

3. If you are feeling lonely, which is a healthy method of connection?

- a. Post your feelings on Facebook. If you get enough likes, you will feel better.
- b. Talk in person with someone you have a relationship with.
- c. Take a selfie with a stuffed animal and share it on social media #MyNewBestFriend.



ANSWERS: 1.) b 2.) c 3.) b

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