

HEALTHY

You!

“Your Source For A Happy and Healthy Lifestyle.”

September 2017

THIS EDITION FEATURES:

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GREEN PEA
FALAFEL

Abolish Anxiety

*Speak Your Mind
with Your Body*

**Meatless and
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*Mix-n-Match
Healthy Lunch Kit*

BUMPIN' BEATS WORKOUT

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Independence 



BUMPIN' BEATS WORKOUT



Who said you can't rock your way to wellness? Music is a great movement motivator. Human beings are innately musical — your heart beats to its own rhythm — so it makes sense that the right song can get your adrenaline pumping.

But music can do more than get your feet moving. The right tune can also:

- Distract you from fatigue to help you go the extra mile
- Motivate you to get to the gym early in the morning or right after work
- Increase your endurance by making exercise more pleasurable



Whether you like rock, jazz, pop, bluegrass, classical, or country, plug into this powerful force and move to the beat. Transform exercise into enjoyment as you improve your health and mood.

Recipe of the Month:

Green Pea Falafel

Ingredients:

1 ½ Cups cooked peas

¼ Cup flour

⅛ Tsp salt

Cayenne pepper to taste

¼ Tsp ground cumin

⅛ Cup feta cheese

2 Scallions, thinly sliced

10 Sprigs flat parsley, roughly chopped

2 Cloves minced garlic

3 Tbsp olive oil

Instructions:

Place peas in a bowl and mash with a fork into a chunky puree. Add feta cheese, scallions, parsley, minced garlic, flour, cumin, salt, pepper, and one tablespoon of the olive oil. Mix thoroughly with hands. Wet hands with water and form mixture into six patties. Heat two tablespoons of olive oil in a pan over medium heat. Add the patties to the hot pan and cook 2 - 3 minutes on each side until brown.



Mix-n-Match Healthy Lunch Kit

You don't have to have kids going back to school to benefit from easy and tasty ideas for healthy packed lunches. Just a few simple ingredients can be combined to create a variety of quick, tasty meals to go. Here are a few to add to your grocery list:

Proteins

Nut butter
Pumpkin seeds
Hummus

Fruits

Apples
Raisins
Bananas

Veggies

Carrots
Cucumbers
Avocados

Wraps

Lettuce
Whole-grain bread
Whole-grain wraps

Combo ideas:

Sliced banana, raisins, and nut butter on a whole-grain wrap

Chopped salad with lettuce, carrots, cucumber, and diced apples. Sprinkle with raisins and pumpkin seeds.

Hummus lettuce wraps: Spread two tablespoons hummus on each lettuce leaf, add shredded carrot and sliced cucumber.

Avocado club sandwich: Toast whole grain bread, spread avocado on both sides of bread. Add thinly sliced cucumber, lettuce, and carrot shavings.



Meatless and Mouthwatering

Not sure what to make for dinner? Give meat the night off. Delicious and nutrient-rich beans, lentils, whole-grains, and vegetables can easily take center stage. Here are three good reasons to put meat aside, at least one day a week.

For your health. Eating less meat and more fruits, vegetables, grains, beans, legumes, and nuts will better nourish you with the fiber, vitamins, and other nutrients you need, without the saturated fat found in many meats.

For your budget. A few generations ago, meat was minimized in meals, while other food groups took center stage. Beans, vegetables and grains can supply the bulk of a meal to reduce calories and saturated fats

while providing more vitamins, minerals and fiber. That means more healthy food for less money.

For the planet. The world's population is expected to surpass nine billion, and meat is in high demand. Eating less meat cuts down on pollution of our air and water and helps us afford healthier and tastier free-range organic chicken and grain-fed, antibiotic-free beef and pork. This is better for both the environment and our safety.



Speak Your Mind with Your Body

We communicate with words but sometimes our body language can say something very different. When we speak directly to people, it's not just what we say but how we say it. Here are three things to stay mindful of:

1. **Tone:** Is your voice loud or soft? Sarcastic or sincere?
2. **Facial expression:** Is your face relaxed, or is your brow furrowed?
3. **Body language:** Is your posture nonthreatening? Are you too close?

Before a tough conversation or meeting, breathe deeply, relax, and smile. Good eye contact and a relaxed, pleasant attitude combined with careful listening often allows for a better exchange of ideas.

Body Language Cues to Use

- *Crossed arms and legs* suggest closed-mindedness.
- *Smiles* that are genuine crinkle around the eyes.
- *Raised eyebrows* may signal worry, fear, or surprise.



Abolish Anxiety

24-hour news outlets and relentless social media feeds can create levels of anxiety that intrude into everyday life. The constant urgency combined with a lack of clear solutions can leave us stressed. Stress, in turn, can lead us to bad coping habits, like drinking too much alcohol or eating too much unhealthy food.

Empower yourself by shifting focus to what you CAN control. Here are a few simple tactics:

- Focus on your own behavior rather than other people's actions, which you can't control.
- Distract yourself with beauty: Spend time in nature, stroll through a museum, or listen to peaceful music.
- Exercise for 30 minutes a day. Simply walking is fine!
- Write down your thoughts: Slow down your mind by getting it all on paper.
- Drop the screens and have a conversation with someone you enjoy.



Why Challenge Yourself?

Most things that are worth having don't come easily. A great job, a healthy relationship, and a nice home all take hard work to achieve — and to keep. All human beings seek comfort and security, but staying challenged keeps us at our best. Challenging ourselves makes us feel strong, engaged, and fulfilled.

View challenges as opportunities to:

- Accomplish things greater than we imagined
- Grow stronger and smarter
- Advance outside of our comfort zone

Monthly Quiz:

1. Which of the following is a reason to eat less meat?

- a. Eat fewer calories and saturated fats.
- b. Save money.
- c. Reduce use of chemical growth hormones and antibiotics.
- d. All of the above

2. A healthy way to control an anxious mind is to:

- a. Take a smoking break.
- b. Hit the closest happy hour.
- c. Write down your thoughts.

3. Which facial expression shows a genuine smile?

- a. Exposed teeth
- b. A crinkle around the eyes
- c. Raised eyebrows



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

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