

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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THIS EDITION FEATURES:

ON TARGET

Cooking
with Heart

ENJOY A SNACK

BREAKING BAD HABITS

Adapting
to Change

IS THE TIME RIGHT?

BROUGHT TO YOU BY

Independence 



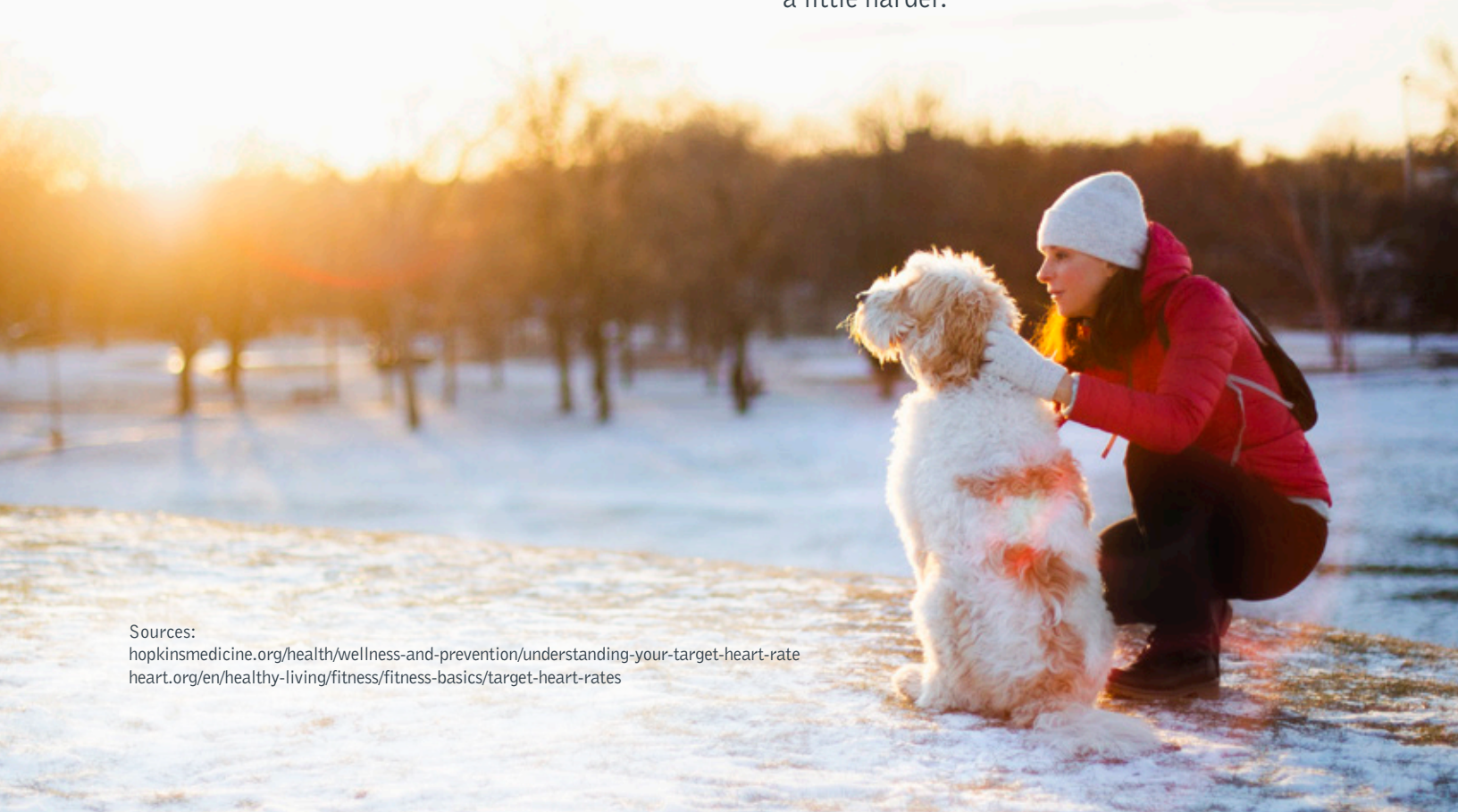
ON TARGET

Walking the dog, doing housework, and stretching are all good ways to get your body moving during the day. To get the best results from any physical activity, you should aim for your “target heart rate” — a range of numbers that reflect how fast your heart should be beating while not overexerting yourself.

If you don’t have a fitness tracker to measure your heart rate, check your pulse by placing two fingers on the thumb side of your wrist. Count the number of beats in a minute. Once you’ve done that, use these steps to monitor your heart rate:

- **Find your resting heart rate.** Measure your heart rate when you’re at rest. A good time to check is in the morning after you’ve had a good night’s sleep and before you have any coffee.
- **Know your target heart rate zone.** The chart below shows average target heart rate zones for different ages.
- **Hit the target.** As you exercise, periodically check your heart rate. If your heart rate is too high, lower the intensity of your workout. If it’s too low, you may want to push yourself a little harder.

| Age | Target Heart Rate Zone 50-85% |
|----------|--------------------------------|
| 20 years | 100-170 beats per minute (bpm) |
| 30 years | 95-162 bpm |
| 40 years | 90-153 bpm |
| 50 years | 85-145 bpm |
| 60 years | 80-136 bpm |
| 70 years | 75-128 bpm |





Cooking with Heart

February is American Heart Month, so it's a good time to think about reducing your risk for heart disease by making healthy food choices. Keep these heart healthy habits in mind when preparing meals:

1. Choose healthier meats and proteins.

Chicken, fish, turkey, and beans are good low-fat protein sources.

2. Try a meatless meal once a week. Pick two or three of your favorite vegetables to steam or stir-fry.

3. Use healthy cooking techniques. Prepare food by baking, broiling, grilling, roasting, sautéing, or steaming, instead of frying.

4. Use healthy vegetable oils. Instead of butter, lard, and tropical oils, opt for canola, olive, safflower, or sunflower oil.

Sources:

heart.org/en/healthy-living/healthy-eating/cooking-skills/meal-planning

heart.org/en/healthy-living/healthy-eating/cooking-skills/cooking/how-to-cook-healthier-at-home

heart.org/en/health-topics/caregiver-support/top-10-cooking-tips-for-caregivers

ENJOY A SNACK

Snacking often gets a bad reputation. While highly processed, high-calorie snack items should be limited, healthy snacks with no more than 200 calories and at least 10 grams of protein can help you stay full between meals.

Here are six healthy snack options to reach for:

1. A piece of fruit
2. Greek yogurt and berries
3. Hard boiled eggs
4. Mixed nuts
5. String cheese
6. Veggies with guacamole or hummus

Sources:

[healthline.com/nutrition/snacking-good-or-bad](https://www.healthline.com/nutrition/snacking-good-or-bad)
[tasteofhome.com/recipes/caprese-salad-kabobs/](https://www.tasteofhome.com/recipes/caprese-salad-kabobs/)



Caprese Kabobs

24 grape or cherry tomatoes

12 mozzarella cheese cubes

24 fresh basil leaves

2 tsp. balsamic vinegar

12 appetizer skewers

on each skewer, thread one mozzarella cube, followed by alternately threading two tomatoes and two basil leaves. Drizzle with balsamic vinegar. Enjoy!

BREAKING BAD HABITS

Bad habits like smoking, drinking, or drug use are often practiced in social situations. That makes them especially hard to break.

Here are four tips for a healthier lifestyle:

- 1. Avoid tempting situations.** Cut back on social activities or settings that trigger negative behavior.
- 2. Develop new social networks.** Seek out people and groups who are supportive and understanding of your goals and encourage you to keep going.
- 3. Reward yourself.** Give yourself a healthy treat when you've achieved a small step or milestone.
- 4. Try something new.** Develop a healthy new hobby or rediscover a favorite activity. Spending time doing things you enjoy will lead to social connections with people who share the same healthy habits.

Sources:

addiction.com/in-recovery/relationships/friends/

newsinhealth.nih.gov/2012/01/breaking-bad-habits

psychologytoday.com/us/blog/media-spotlight/201807/the-social-side-nicotine



Adapting to Change

All changes, whether positive or negative, can be stressful. But when you focus on the things you can control and let go of what is out of your control, adjusting becomes more manageable and sometimes even enjoyable.

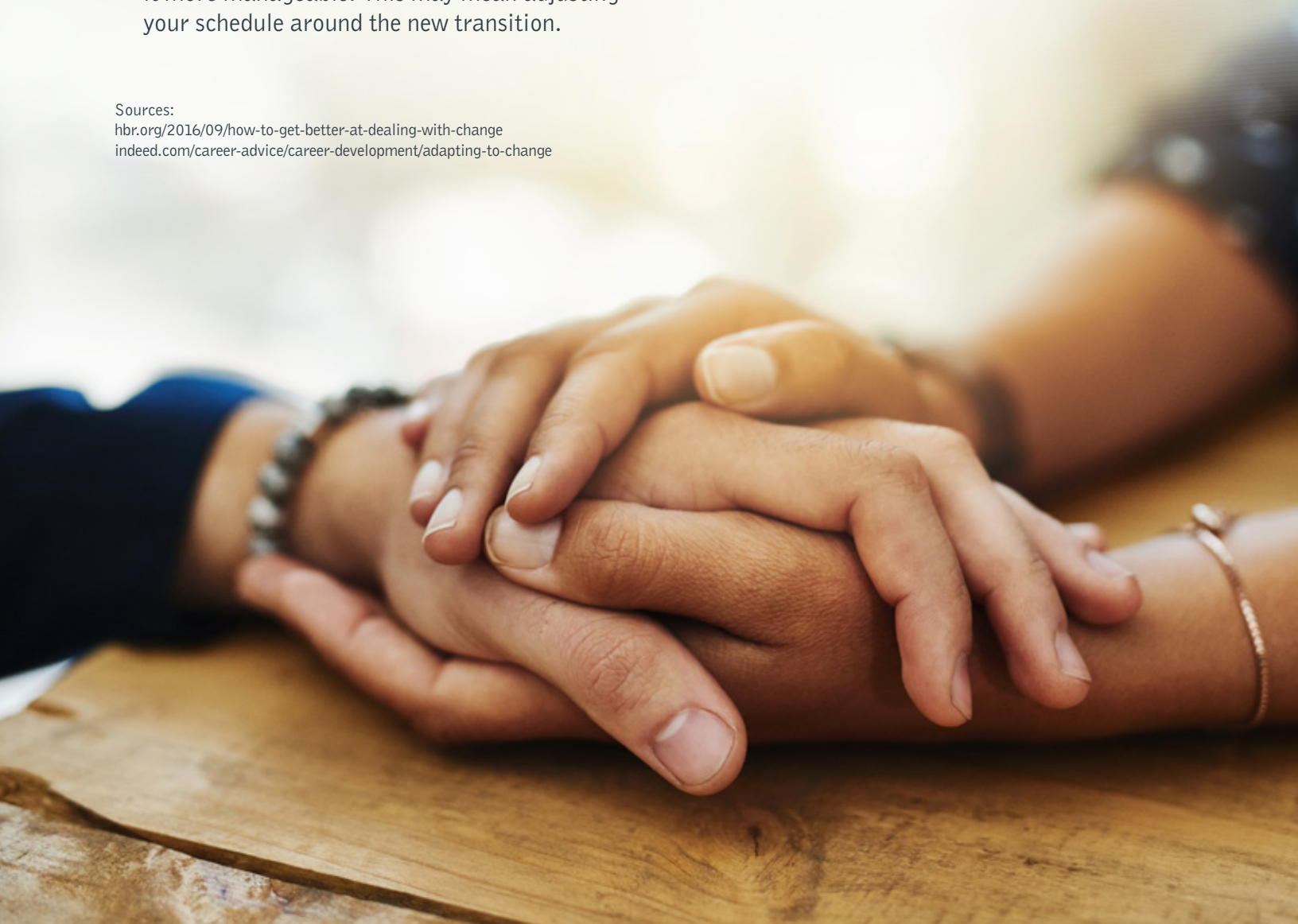
Here are four tools for adapting to change:

- **Accept the circumstances.** While you may not be ready for a change, take time to process your feelings so you can move forward.
- **Take action.** Once you have accepted your new situation, figure out what you can do to make it more manageable. This may mean adjusting your schedule around the new transition.
- **Lean on your support system.** If you are feeling overwhelmed, talk to your family, friends, or a counselor. Their support can help you maintain a positive attitude and boost your spirits.
- **Take things one day at a time.** Ask yourself what you can achieve today and focus on the problem or project one piece at a time.

Sources:

hbr.org/2016/09/how-to-get-better-at-dealing-with-change

indeed.com/career-advice/career-development/adapting-to-change





IS THE TIME RIGHT?

Wondering whether it's the right time to make that big purchase? Move to a new area? Change jobs? Start a family? When assessing major life decisions, you should consider the timing.

Sometimes we act too soon out of panic or fear — decisions given too little thought may lead to hasty action without the knowledge that may have led to a better outcome. Conversely, allowing too much time to pass before acting on a decision may cause you to miss the window of opportunity.

To improve timing when making a major life decision, ask yourself the following five questions:

- 1.** How is this decision relevant to what I do?
- 2.** What specifically should I do?
- 3.** How will I be measured, and what are the consequences?
- 4.** What tools and support are available?
- 5.** What's in it for me?

MONTHLY QUIZ

1. According to the “On Target” article, which option best describes a target heart rate?

- A. The range of numbers that reflects how fast your heart should be beating to get the most from your workout without overexerting yourself.
- B. The measure of your heartbeat when at rest.
- C. The heart rate number at which your body burns fat.

2. Which is NOT true about snacking?

- A. A snack can help you stay full between meals.
- B. A healthy snack provides about 200 calories and 10 grams of protein.
- C. Snacking always leads to weight gain.

3. Which are suggested tools for adapting to life changes?

- A. Take things one day at a time.
- B. Accept the circumstances.
- C. Both A and B.



1. A, 2. C, 3. C

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