

# HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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# GET YOUR HEART PUMPING

Aerobic exercise is an important component of any fitness routine. It provides cardiovascular conditioning to keep your heart strong and helps reduce the risk of heart disease and stroke. Examples of aerobic exercise include walking, biking, swimming, and dancing.

If you're looking to make aerobic exercise part of your healthy lifestyle, here are some tips to get started:

- **Get your doctor's OK.** Before beginning any exercise program, talk with your doctor to make sure it's safe for you.
- **Stop if you don't feel well.** If you develop shortness of breath, tightness in your chest, or experience shoulder or jaw pain or dizziness or confusion while working out, stop immediately and contact your doctor.
- **Monitor your heart rate.** To get the best results, you should aim for your "target heart rate" — a range of numbers that reflects how fast your heart should be beating while not overexerting yourself. The following chart by the American Heart Association shows average target heart rate zones for different ages.
- **Warm up and cool down.** Every session of aerobic exercise should include a warm-up to get your body ready for exercise by gradually increasing the pace and a cool-down after the workout to slowly bring your heart rate back to normal.

| Age      | Target Heart Rate Zone 50-85% |
|----------|-------------------------------|
| 20 years | 100-170 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                    |

Sources:  
[my.clevelandclinic.org/health/articles/7050-aerobic-exercise](https://my.clevelandclinic.org/health/articles/7050-aerobic-exercise)  
[healthline.com/health/type-2-diabetes/best-exercises-heart-health#Aerobics](https://healthline.com/health/type-2-diabetes/best-exercises-heart-health#Aerobics)

# TRIM THE FAT

February is American Heart Month — an ideal time to take steps to protect your heart health. One way you can reduce your risk of heart disease is by cutting down on foods that are high in saturated fats. These unhealthy fats can be found in animal-based foods, like poultry, beef, pork, and full-fat dairy products, such as butter and cheese, palm and coconut oils, and some baked and fried foods.

The American Heart Association recommends limiting saturated fat to five to six percent of your daily calories. To help you manage your intake of saturated fats, here are some healthy swaps for foods high in saturated fat.

## Instead of these...

Baked goods (cake, doughnuts, or cookies)

Fried foods (fried chicken and seafood or French fries)

Processed meats (bacon, sausage, chicken with skin, cheeseburger, or steak)

Whole-fat dairy products (butter, ice cream, pudding, cheese, or whole milk)

Solid fats (coconut oil, palm, or palm kernel oils)

## Eat these

Fruits and vegetables

Grilled, baked, steamed, or sauteed entrees

Skinless chicken or fish

Low-fat or non-fat milk, yogurt, or cheese

Canola or olive oil

### Sources:

[health.gov/sites/default/files/2019-10/DGA\\_Cut-Down-On-Saturated-Fats.pdf](https://health.gov/sites/default/files/2019-10/DGA_Cut-Down-On-Saturated-Fats.pdf)  
[medlineplus.gov/ency/patientinstructions/000838.htm#:~:text=Saturated%20fat%20is%20a%20type,high%20amounts%20of%20saturated%20fat.](https://medlineplus.gov/ency/patientinstructions/000838.htm#:~:text=Saturated%20fat%20is%20a%20type,high%20amounts%20of%20saturated%20fat.)  
[yummys.com/recipe/Super-Easy-Healthy-Baked-Fruit-Dessert-\\_vegan-and-gluten-free\\_-2219126](https://yummys.com/recipe/Super-Easy-Healthy-Baked-Fruit-Dessert-_vegan-and-gluten-free_-2219126)

## Baked Fruit Dessert

2 small apples, sliced

1 cup sliced strawberries

1 cup raspberries

1 cup blackberries

2 tablespoons fresh lemon juice

1 teaspoon maple syrup

1 teaspoon ground cinnamon

1 cup Greek yogurt

Preheat oven to 350 degrees. Spray a baking dish with non-stick cooking spray. Toss all the fruit in the lemon juice, maple syrup, and cinnamon. Bake for 25–30 minutes. Cool, and then top with yogurt. Enjoy!







# DINING OUT OPTIONS

Restaurant meals are often full of saturated fat and salt, both of which are not good for your heart. When dining out, you don't have to leave your healthy eating plan at home. Many restaurants now offer a selection of delicious and healthy menu items and meals.

Here are some easy swaps to help you stick to your nutrition goals when dining out.

Source:  
[heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/dining-out-doesnt-mean-ditch-your-diet](https://heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/dining-out-doesnt-mean-ditch-your-diet)

## Order these

Lean meat, like skinless chicken and fish

Pico de gallo or guacamole

Broth-based soup with lots of veggies

Baked potato or side salad

Black or pinto beans

Water, 100 percent juice, seltzer, or spritzers

## Pass on these

Bacon, sausage, or fatty meats

Sour cream or queso

Cream-based or cheese soups

French fries

Refried beans

Soda, sweet tea, or sugary cocktails



# LOVE *Yourself*

We've all heard that "loving starts with the self." But while loving others may seem easy, many people find it difficult to love themselves. This Valentine's Day, aim Cupid's bow and arrow at yourself and extend some love and compassion to the most important person in your life — you! — with affirmations that will give rise to positive thoughts and actions.

Start practicing some self-love by telling yourself:

- My best is good enough.
- I am worthy of love.
- I have not been hurt too deeply to heal.
- I can build my life around a realistic, loving way of seeing myself.
- I can change lifelong patterns.

Source:  
[psychcentral.com/blog/ways-to-love-yourself-more#how-it-works](https://psychcentral.com/blog/ways-to-love-yourself-more#how-it-works)



# Build a Bridge Through Communication

Everyone wants to be heard and validated. Active listening is a thoughtful way to let others know that you care about what they're saying. It involves being completely focused on a speaker's words and messages without being distracted. By listening to understand, you can improve personal relationships, further collaboration, and reduce misunderstandings and conflicts.

Here are four tips to listen actively:

- **Avoid making judgments or giving advice.** People want to be heard, not fixed. Encourage the conversation with open-ended questions.
- **Listen, but don't compare.** Comparing emotions or situations by saying things like, "yes, but...", while sharing a seemingly worse situation can be interpreted as a way to minimize or negate what the speaker is feeling.
- **Listen to understand rather than to respond.** Resist interrupting or drifting into thoughts about what you will say next. Aim to get information to find out more about the person or situation.
- **Look them in the eyes.** Eye contact can help connect the speaker and listener.

Sources:

[psychologytoday.com/us/blog/the-empowerment-diary/201708/deep-listening-in-personal-relationships](https://psychologytoday.com/us/blog/the-empowerment-diary/201708/deep-listening-in-personal-relationships)  
[scientificamerican.com/article/making-eye-contact-signals-a-new-turn-in-a-conversation/](https://scientificamerican.com/article/making-eye-contact-signals-a-new-turn-in-a-conversation/)  
[verywellmind.com/why-comparing-feelings-isnt-helpful-5095152](https://verywellmind.com/why-comparing-feelings-isnt-helpful-5095152)



# Boundaries: Where to Draw the Line

Setting boundaries for yourself and respecting the boundaries of others is the foundation of any healthy relationship. Boundaries in relationships, whether personal or professional, are a reflection of your principles, guidelines, and rules and provide a sense of mutual respect, expectations, and support.

Here are some ways to establish healthy boundaries in relationships:

- Be honest.
- Listen to and respect the feelings, opinions, and perspectives of others.
- Ask permission to ask a personal question.
- Show gratitude.
- Give space for independence.

Sources:

[healthline.com/health/mental-health/set-boundaries#intro](https://healthline.com/health/mental-health/set-boundaries#intro)

[psychcentral.com/blog/why-healthy-relationships-always-have-boundaries-how-to-set-boundaries-in-yours#healthy-boundaries](https://psychcentral.com/blog/why-healthy-relationships-always-have-boundaries-how-to-set-boundaries-in-yours#healthy-boundaries)



# MONTHLY QUIZ

1. Which of the following statements is true about aerobic exercise?

- A. You should aim for your target heart rate when doing aerobic exercise.
- B. Walking and dancing are forms of aerobic exercise.
- C. It can help keep your heart strong and reduce the risk of heart disease and stroke.
- D. All of the above.

2. Which of the following foods are high in saturated fats?

- A. Skinless chicken
- B. Canola or olive oil
- C. Baked goods
- D. Fruit

3. True or False: Establishing boundaries in your relationships is healthy.

- A. True
- B. False

1. D, 2. C, 3. A

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