

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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GET MOVING

Weight loss is achieved through a healthy lifestyle that includes eating well, managing stress, getting enough sleep, and working out regularly.

When it comes to exercise, adults should aim for at least 150 minutes of moderate-intensity aerobic activity a week, 75 minutes a week of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. So, what does this mean, and how can you implement it into your lifestyle? Here's what you need to know:

- When working out at moderate intensity, your breathing and heart rate is noticeably faster, but you can still carry on a conversation. Examples of moderate-intensity activities include brisk walking, bicycling slower than 10 miles per hour, ballroom dancing, and water aerobics.
- During vigorous exercise, your heart rate is increased substantially, and your breathing is too hard and fast to have a conversation. Vigorous-intensity workouts include running, jogging, jumping rope, swimming laps, and hiking uphill.

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REFLECT REPLACE REINFORCE

A balanced and healthy eating plan can help you manage your weight. But for some, eating healthier can be a challenge. Many people have had the same eating patterns for years, so making changes to the way they eat can be hard. That's why it's important to make small, incremental changes for lasting success. Consider this three-step approach to help you improve your eating habits:

- 1. Reflect** on your specific eating habits, whether good or bad, by tracking everything you eat and drink. Record the time of day you ate or drank, and note any feelings or circumstances surrounding your decision to eat.
- 2. Replace** unhealthy eating habits with new healthy ones. Aim to only eat when truly hungry, plan meals ahead of time, and try eating more slowly. Visit myplate.gov/myplate-plan for a personalized eating plan based on your age, sex, height, weight, and physical activity level.
- 3. Reinforce** new, healthy habits and allow time for new habits to develop. Take it one day at time, and be patient.

Sources:

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OVERCOME HEALTHY EATING OBSTACLES

The beginning of a new year is a time to start fresh and, for many, that means committing to a healthy eating plan. Eating healthier can be a challenge, but by anticipating and preparing for potential obstacles, you can set yourself up for success. Here are tips to help you stick to your healthy eating goals:

- Plan and prep meals ahead of time, and use time-saving tricks like buying pre-cut produce, using a slowcooker, or doubling recipes to make leftovers.
- Setbacks will happen at some point. Plan for mistakes by aiming for progress, not perfection. When they happen, just keep going forward.
- Reinforce a positive outlook by embracing a natural curiosity to try new foods, and, instead of giving up all the foods you like, learn to eat a variety of foods in moderation.
- Fresh produce can cost more, so consider frozen and canned options for cooking simple, inexpensive, healthy meals at home.

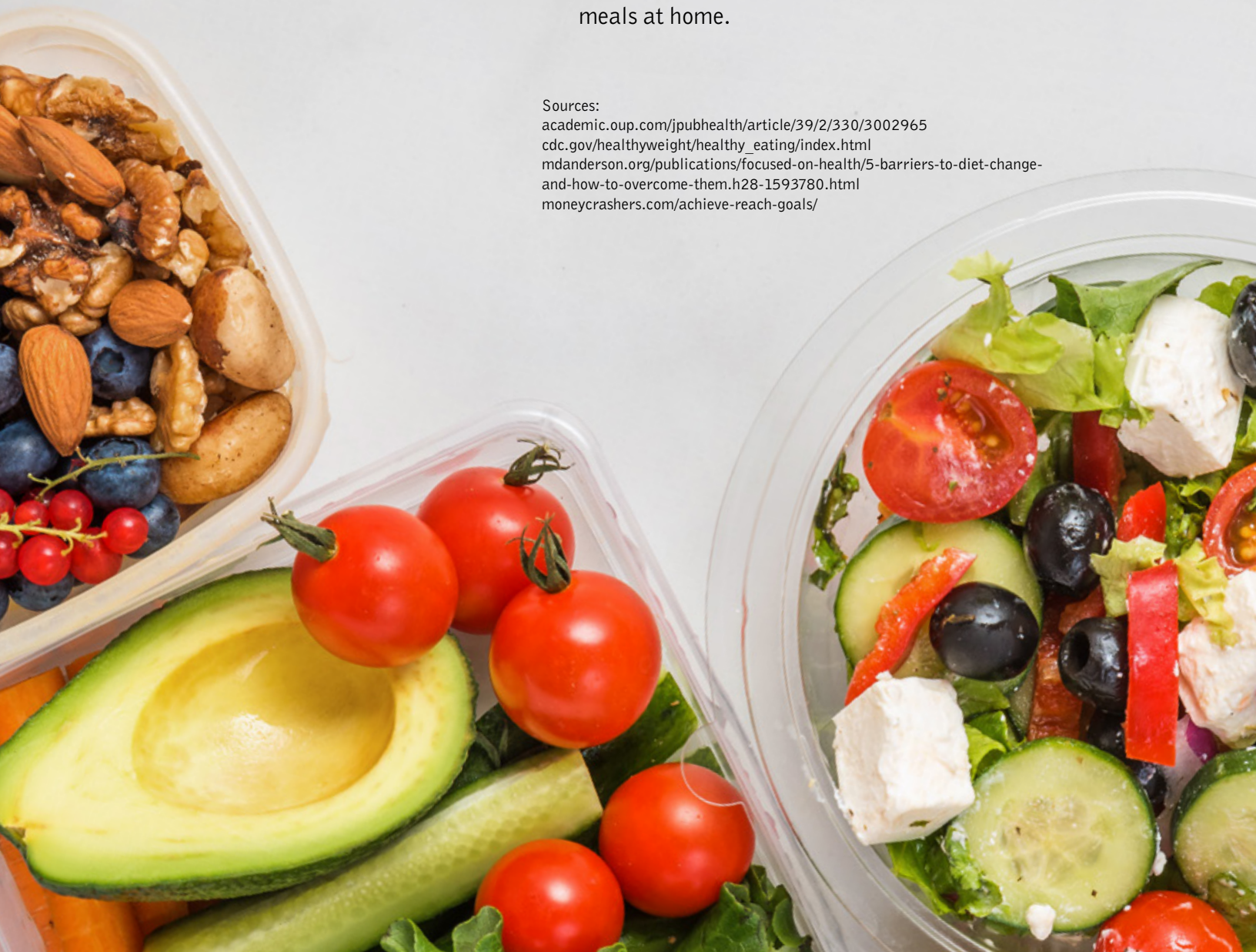
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RECIPE

Spinach Enchiladas

Ingredients

- 1 medium onion, chopped
- 2 teaspoons olive oil
- 1 package frozen chopped spinach, thawed and squeezed dry
- 1 cup picante sauce, divided
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1 cup low-fat cottage cheese
- 1 cup shredded reduced-fat cheddar cheese, divided
- 8 soft corn tortillas

Directions

Preheat oven to 350 degrees. Add oil and onion to a large pan over medium heat, and cook and stir until tender. Mix in spinach, 1/3 cup picante sauce, garlic powder, and cumin until heated through. Remove from heat, and stir in cottage cheese and 1/2 cup cheddar cheese. Spoon about 1/3 cup spinach mixture into the center of each tortilla. Roll up and place seam side down in a 13x9-inch baking dish coated with cooking spray. Spoon remaining picante sauce over the top. Sprinkle with remaining cheese, then cover and bake for 20-25 minutes. Uncover and cook an additional five minutes or until bubbly.

BE A LIFESAVER

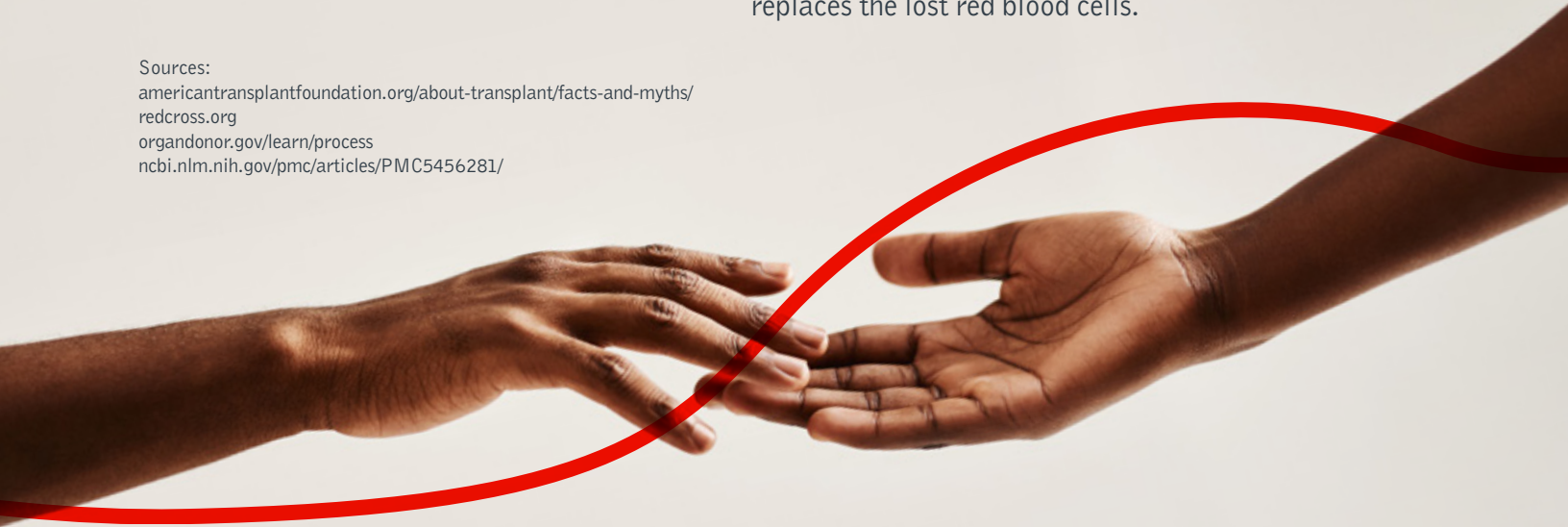
Every two seconds someone in the U.S. needs blood. That's why maintaining a healthy and reliable blood supply is critical. Blood donations are used for many lifesaving medical treatments that require blood transfusions.

You have the power to save lives — just one donation can save up to three lives! If you're considering giving blood, here's what you should know:

- Blood donation is safe. New, sterile disposable equipment is used for each donor.
- Whole blood donation is the most common type of blood donation.
- Most healthy adults can donate a pint safely.
- Donating whole blood takes only about 10 – 15 minutes.
- You can donate whole blood every 56 days.
- Within a few days of a blood donation, your body replaces the lost fluids. And after two weeks, your body replaces the lost red blood cells.

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**TO DONATE, VISIT THE AMERICAN RED
CROSS WEBSITE AT REDCROSSBLOOD.ORG
TO FIND A BLOOD DRIVE IN YOUR AREA.**



A CLEAR VISION

Our eyes are an important part of our health, but they are often overlooked. The health of our eyes changes over time, so it's important to get regular eye exams. An eye exam can help ensure you have clear vision, checks for potentially serious eye diseases, including glaucoma and eye cancer, and may provide information about your overall health.

Healthy adults ages 18 – 64 with no symptoms of vision problems should have a complete eye exam every two years. If you're 65 or older, you should have your eyes checked every year. If you wear glasses or contact lenses, have a family history of eye disease or vision loss, or have a chronic disease that increases your risk of eye disease such as diabetes, you may need to have your eyes checked more often. Talk to your doctor about what's right for you.

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Do You Need a Will?

A will is a legal document that allows you to communicate your wishes clearly and precisely when you are no longer able to speak. Some people think that only the wealthy or those with complicated assets need wills, but there are many good reasons to have a will:

- It provides clear direction about who gets your assets.
- It keeps your assets out of the hands of people you don't want to have them.
- Your heirs will have a faster and easier time getting access to your assets.
- Even if you don't have children, you can give gifts and charitable donations.

You can write a will yourself, but it may be worth having an attorney who is familiar with your state's laws prepare it for you.

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MONTHLY QUIZ

1. Which of the following is an example of vigorous-intensity aerobic activity?

- A. Walking briskly while carrying on a conversation
- B. Bicycling and singing along to your favorite tune
- C. Running to the point that you are unable to hold a conversation

2. Choose the best strategy to overcome healthy eating obstacles.

- A. Only eat leftovers.
- B. Plan for mistakes by aiming for progress and move forward when setbacks happen.
- C. Eat all new foods and give up all the foods you like.

3. True or False: An eye exam is a comprehensive exam that only checks for vision problems.

- A. True
- B. False

1. C, 2. B, 3. B



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