

Health and Wellness NEWS

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BlueCross BlueShield
of Western New York

Put Yourself at the Top of the List



Healthy Tip:

Schedule 15-20 minutes a day to do something that you enjoy. You'll be amazed at how this can renew happiness, create energy, and help you relax and unwind.

How many times have you wished you had more time for yourself or more hours in the day because you always have so much on your "to-do" list?

When life gets this busy, most of us tend to put our own needs at the bottom of the list. And when stress levels rise, that's when your health can begin to deteriorate.

It is *never* selfish to focus on your health. Remember, you can't be there for those who need you if you don't take care of yourself first. Make a life of balance your goal.

Try these tips to help achieve balance and well-being in your life:

- Identify the time-wasters in your day and eliminate or alter them to give you more free time
- Learn to say "no"
- Ask for help when you need it; you don't have to do it all yourself
- Recognize that you are important, too

Inflammation Can Have Lasting Effects

Inflammation is the body's natural immune response to repair and heal damaged tissue and help rid the body of viruses, bacteria, and other foreign substances. If not taken care of, inflammation can lead to heart disease, diabetes, depression, and other chronic ailments.

Our environment is the main cause of inflammation due to habits like poor diet, stress, tobacco use, decreased sleep, excessive alcohol consumption, and lack of exercise.

Make sure you get enough sleep and exercise, eat a healthy diet, and practice stress management.

Healthy Tip: Don't try to tackle everything at once; just focus on one or two factors that you know are negatively affecting your body and work to improve them.



Get Fit – No Excuses

No matter how busy you are, it's important to make time now to keep your body healthy for the future. If you don't, you'll have to make time to take care of the diseases and conditions that will develop as a result.

Make time for exercise. If 5-10 minutes is all the time you can spare, start with that and be consistent. It won't take long before you begin to see the benefits.

Healthy Tip:

To make physical activity part of your daily routine, try getting up 5-10 minutes earlier each day and do a short workout.

Eat Fit – Easy Does It

The typical American diet is less than healthy. The culprits aren't just fat and sugar – too much protein can cause weight gain, increased body fat, and kidney and liver issues, too.

A little bit of fat, sugar, and protein is fine if it comes from healthy sources like nuts, fruits, and lean meats. Remember, the key is moderation.

Healthy Tip:

If you think you might be consuming too much protein, try a meatless day once a week. This can help your body and challenge your creative cooking skills.

Live Fit – Challenge Yourself

Living fit isn't just being physically active and eating healthy. It's equally important to keep your mind and spirit healthy. Why not step out of your comfort zone?

Go skydiving. Learn to sew. Visit another state. Challenge yourself. Create new memories.

Healthy Tip:

Try something new and different every month – a new exercise class, a different sport, study another language, volunteer – the possibilities are endless.



Vegetable Curry

Ingredients

(makes 2 servings):

- 1½ tablespoons coconut oil
- ½ medium-size red onion, finely diced
- 2 cloves garlic, minced
- 2 tablespoon curry powder
- 1 teaspoon ground ginger
- 1/2 teaspoon turmeric (optional)
- 1½ cups vegetable broth
- ½ cup canned coconut milk (full fat)
- 1 cup pumpkin puree (not pie filling)
- Salt and pepper
- 3 – 4 cups chopped vegetables (fresh or frozen)
- Chopped fresh cilantro for garnish

Preparation:

1. In large pot or deep-sided skillet, heat the coconut oil over medium heat. Add the onion and a pinch of salt. Stir and let sizzle for 1-2 minutes; stir in the garlic and cook for another 1-2 minutes until just starting to brown.
2. Add the curry powder, ginger, and turmeric (if desired). Quickly add the broth and stir, scraping the bottom of the pan. Add the coconut milk, pumpkin puree; add salt and pepper to taste. Bring to a simmer.
3. Add chopped vegetables and bring to a simmer again. Remove pan from heat.
4. Serve in bowls alone or over tender greens like baby spinach. Garnish with chopped fresh cilantro.

Nutrition facts:

334 calories, 20g fat, 7g protein, 30g carbohydrates, 6.5g fiber

(Source: femfusionfitness.com/anti-inflammatory-diet)



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