

A monthly wellness newsletter from Better You

Making Moves for Your Health

We're made for movement, but day after day, many of us sit for hours at a time in front of a screen—working, playing video games, watching TV.

All this sitting leads to weight gain and increases our chance of developing cardiovascular disease and Type 2 diabetes. The good news is that a little movement goes a long way toward keeping us healthy for a lifetime.

- **Every day, aim for 30 minutes of activity at a moderate intensity.** This means your heart rate will be increased just enough to cause sweating, but you shouldn't feel out of breath. Household chores like sweeping and vacuuming count, and so do things like playing with your kids outside and walking the dog. Think outside the box and try to have fun!
- **Try the 20-8-2 move challenge.** Every half hour, get up and move for 10 minutes. For example: sit for 20 minutes then stand for 8 minutes and move around for 2 minutes. You can try to

stick to this 20-8-2 breakdown by setting the alarm on your phone or computer.

- **Take the stairs.** When you have the option, instead of riding the elevator or escalator, put your legs to work.
- **Take your communication face to face.** Go old school and walk over to talk to a coworker instead of sending an email. Not only will it help you get in your active minutes for the day, but it might also help you build better working relationships!
- **When you're running errands, park further away.** It's nice to find that

sweet parking spot right up front, but try passing it over for one that's at the back of the lot. You'll get in extra walking steps, plus you might not have to worry as much about the side of your car getting dinged. It's a win-win!

- **Get out and walk.** Use your lunch break to move around outside and clear your head, or make it a family affair and take a stroll after dinner.

The American Heart Association has more ideas for walking inspiration. Whatever you do, just keep moving!



Mindful Moment: Unplug Every Day

These days, everywhere we look we see screens: computer screens at work, TV screens at home, and phone and tablet screens in between. The constant connection with what's going on in the world can be great—but it can affect us in some pretty harmful ways, too. The busyness we feel from being so plugged

in prevents us from having downtime—which can make us stressed-out and cranky. It can also cause health problems like neck and back issues and double or blurred vision.

So it's important to give ourselves time to unplug every day. Use these tips, or create your own:

- **Create a sleep sanctuary**
- **Power off screens an hour before bedtime**
- **Check email and social media less**
- **Replace technology time with activities that nurture your mental and physical health**

Spinach-Almond Pesto

Whether eaten as a dip, a spread or a sauce, savory pesto is a culinary essential in many Italian recipes. This version features spinach and almonds (more economical than the traditional basil and pine nuts), yet is as flavorful and nourishing as ever. Deliciously simple to prepare, spread spinach-almond pesto over crusty bread for an easy appetizer, toss with your favorite pasta for a light meal, or spoon it over grilled or broiled seafood or roasted chicken breast for a heartier meal.

Ingredients:

- 8 ounces baby spinach leaves
- ½ cup slivered almonds, toasted*
- 1 shallot, chopped
- 1 garlic clove, chopped
- 2 tablespoons freshly-squeezed lemon juice
- 2 teaspoons grated lemon peel
- ½ teaspoon crushed red pepper flakes
- 2 to 4 tablespoons extra virgin olive oil
- ¼ cup freshly-grated Parmesan cheese

Directions:

1. In a food processor or blender, combine the spinach, almonds, shallot, garlic, lemon juice, lemon peel and red pepper flakes. Pulse lightly to blend. Gradually add the oil, blending until well-chopped and blended, but not puréed.
2. Transfer the spinach-almond mixture to a medium bowl.
3. Stir in the Parmesan cheese.

Cooking Tip

*Toast the almonds in a small, heavy dry skillet over medium heat, shaking the skillet frequently for 1 to 2 minutes until golden brown to release the flavorful oils.

Nutrition: Serving size: 2 tablespoons. Serves 8. Calories: 100; Calories from fat: 90; Total fat: 9 g; Saturated fat: 1.5; Trans fat: 0 g; Cholesterol: 0mg; Sodium: 60 mg; Total carbohydrate: 4 g; Dietary fiber: 2 g; Sugars: 1 g; Protein: 4 g.

Recipe Courtesy of Eatright.org

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