

# ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

February 2017



## Heart healthy: Easy ways to get and stay active

When was the last time you got your heart pumping? Experts say adults should exercise 30 minutes a day for at least 5 days a week. But you don't have to overhaul your life for the sake of your heart. Sometimes all it takes is a little tweaking of your daily routine.

Here are some ideas on how to be more active every day:

- Walk or cycle instead of driving a car or taking the bus
- Instead of calling or texting, catch up with friend while taking a walk
- Park your car as far away as you can to add steps
- Replace your coffee break with a walking break
- Take the stairs instead of the elevator or escalator
- Be active during TV commercial breaks by doing some squats or chair dips
- Have fun with a pickup game of basketball or soccer
- Find your inner child with your kids – play games and be active outdoors

## Heart-healthy foods to add to your shopping list!



When it comes to your heart, what you eat matters. Follow these 3 tips for heart-healthy eating:

- 1. Eat less saturated and trans fat.** Limit or avoid fatty meats, fried foods, cakes and cookies.
- 2. Cut down on sodium (salt).** Look for the low-sodium or no salt added foods. These include canned soups, veggies, snack foods and lunch meats.
- 3. Eat more fiber.** Fiber can be found in veggies, fruits and whole grains.



## Upcoming events

### Wellness Webinar Series

#### *ABC's of Good Heart Health*

Date- February 21, 2017  
Time- 9:00 AM, 11:30 PM and 3:30 PM CST  
Attend- [Click Here to Register for the Wellness Webinar](#)

# Minestrone Soup



Stay warm with this heart healthy soup.

### Ingredients

- ¼ cup olive oil
- 1 clove garlic, minced
- 1 1/3 cups onion, coarsely chopped
- 1 ½ cups celery and leaves, coarsely chopped
- 1 can (6 ounces) tomato paste
- 1 tablespoon fresh parsley, chopped
- 1 cup sliced carrots, fresh or frozen
- 4 ¾ cups cabbage, shredded
- 1 can (1 pound) tomatoes, cut up
- 1 cup canned red kidney beans (drain and rinse)
- 1 ½ cup frozen peas and 1 ½ fresh green beans
- Dash hot sauce
- 11 cups of water
- 2 cups of spaghetti, uncooked and broken

### Directions:

1. Heat oil in a 4-quart saucepan
2. Add garlic, onion, and celery and sauté about 5 minutes
3. Add remaining ingredients except spaghetti, and stir
4. Bring to a boil. Reduce heat, cover and simmer about 45 minutes
5. Add uncooked spaghetti, and simmer 2-3 minutes only

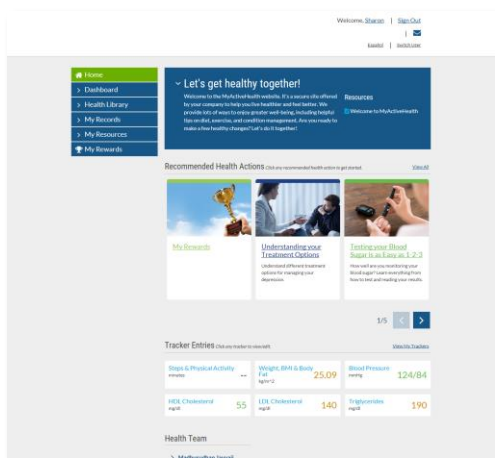


# Webinar Sweepstakes Winners !



## Tamar Karakozova

Tamar is an instructor of Russian at the Modern Languages Department of the University of Mississippi. She is originally from Tbilisi, Georgia. She enjoys zumba, yoga, PiYo (the combination of pilates and yoga), and you will always see her walking to and from her apartment on a good day. She enjoys being involved in the activities on campus organized by Rebel Well and heard about the ActiveHealth programs through them! Tamar believes it is always great to have a support group no matter what you do!



Source:

DHHS. Healthfinder. Retrieved January 19, 2017 from: <https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/heart-healthy-foods-shopping-list>

DHHS. A Healthier You. Retrieved January 19, 2017 from: <https://health.gov/dietaryguidelines/dga2005/healthieryou/html/appetizers.html#9>

# Check out the new MyActiveHealth

Exciting things are happening on the MyActiveHealth™ website! We've refreshed the look of our site to make it sleeker and better for mobile. The features are easy to use, and the layout is extra friendly. Log in from your smartphone, tablet or desktop to see our new look.

Sign up or visit [MyActiveHealth.com/Mississippi](http://MyActiveHealth.com/Mississippi) today!



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc.  
© 2017 ActiveHealth Management, Inc. All Rights Reserved.