

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

January 2018



Get Fit as a Family!

January is Family Fit Lifestyle Month. The New Year is the perfect time to build lifelong healthy habits for everyone in your household. Be a role model and create lasting memories together. Here are some ideas for getting and staying healthy as a family:

- **Break it up:** Use time between activities to get active *or* relax together! Spend time between games doing a physical activity – jumping jacks, squats, dancing, jogging in place. Too much activity around you? Spend time between practices relaxing for a beat – close your eyes, take deep breaths.
- **Set a family goal:** Complete a walking program or 5K as a family. Or set a weekly goal for everyone's steps.
- **Go outside:** find a trail or hit the track at your local school. You can get physically active while enjoying the benefits of being outside in the fresh air.
- **Make a plan and hit the store:** let kids help with meal planning and shopping. They can find a recipe or research a fruit or veggie they would like to try, and then help find the ingredients. Or just let them explore the produce aisle and pick something they've never eaten.
- **Get cooking:** letting kids get hands-on in the kitchen is a creative way to get them interested in healthier fare and to teach them skills they will use for life.
- **Get some zzzz's:** sleep is an important part of health. Make sure everyone is getting enough pillow time to feel his or her best. Set an evening routine and stick to it. Sleep habits are important to teach too, just like being physically active and eating well.
- **Be together:** Life gets busy. Unwind and unplug together. Laugh together. Talk over dinner. Enjoying family time is a great way to relieve stress.



Set Small Goals Throughout the Year...

Did you know that only 8% of American's keep their New Year's resolutions? Many resolutions fail because behavior change is hard, and we try to tackle too much at once. Instead of making grand health-related resolutions, set small goals throughout the year that lead to new habits and good health. Instead of a yearly resolution, resolve to set a daily, weekly or monthly goal.

Set the small goal. Work on it. Once you achieve it or form a new habit, move on to another!

What are some small targets we can start aiming for today?

- Eat a nutritious breakfast
- Try a new recipe
- Meal plan for the next week
- Only eat out once per week
- Drink 8 glasses of water
- Plan your physical activity for the week
- Try a new physical activity
- Get 8 hours of sleep
- Discover a new hobby (to help you stress less!)

What will be *your* first small goal?

RECIPE OF THE MONTH

Easy Carrot Soup

Source: www.eatingwell.com.

It's Soup Month! Use that forgotten bag of carrots in the refrigerator in this carrot soup.

Prep: 40 minutes
(ready in 50 min)
Makes: 8 servings



Ingredients

- 1 Tbs. butter
- 1 Tbs. extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 tsp. chopped fresh thyme or parsley
- 5 cups chopped carrots
- 2 cups water
- 4 cups reduced-sodium chicken or vegetable broth
- ½ cup half-and-half (optional)
- ½ tsp salt
- Pepper to taste

Directions

1. Heat butter and oil over medium heat in a Dutch oven or stockpot until butter melts. Add onion and celery; cook, stirring occasionally, until softened (about 4-6 minutes). Add garlic and thyme (or parsley); cook, stirring, until fragrant (about 10 seconds).
2. Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat enough to maintain lively simmer and cook until very tender (about 25 minutes).
3. Puree soup in batches in a blender (or use an immersion blender) until smooth. Use caution when blending hot liquids. Stir in half-and-half (if using). Add salt and pepper.

Make ahead tip: Cover and refrigerate for up to four days or freeze for up to three months.

7 Ways to Cook Fruits & Veggies



Bake...

- Sweet potato fries (slice; season with olive oil, cayenne and dash of salt).
- Sliced peaches for a sweet snack.

Boil...

- Diced tomatoes in broth for a soup!
- Apples with lemon juice and cinnamon.

Steam...

- Your favorite veggie with citrus juice and zest added to the water.
- Green beans and chopped onion. Add garlic to the cooking water.

Stir-Fry...

- Zucchini, squash, and diced tomato with olive oil and Italian seasoning.
- Pineapple in honey ginger sauce.

Sauté...

- Yellow squash with onion and garlic. Sprinkle with parmesan cheese.
- A variety of peppers and onions. Serve as a topping or a side.

Roast...

- Winter veggies cut in large pieces. Try parsnips, turnips, beets or sweet potatoes. Roast at 425° for 30-40 minutes until tender.
- Brussels sprouts with olive oil and dash of salt.

Grill...

- Pineapple, peaches or mangos. Top with a dollop of nonfat vanilla yogurt.
- Eggplant, zucchini and mushrooms to use in a wrap.

Adapted From: [Fruits & Veggies More Matters](#)

Make 2018 the Year of Small Goals...Get Started Today!

Use this challenge to help you focus on moving more, eating better, stressing less and sleeping!

SMALL GOAL CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Plan your physical activity for the week	2 Drink water with each meal or snack	3 Do a general wellness assessment through your insurance or doctor	4 Set a bedtime routine	5 Stretch for 15 minutes	6 Eat a nutritious breakfast	7 Volunteer for a cause that is important to you
8 Arrange your bedroom for best sleep - pillows, temp, etc.	9 Create a physical activity playlist	10 Try a new recipe	11 Meditate - be in the now and focus on things around you	12 Turn off all screens an hour before bedtime	13 Find a physical activity buddy or group	14 Make a snack with a child in your life
15 Smile and laugh more	16 Avoid caffeine in the afternoon	17 Try a new physical activity	18 Plan next week's meals	19 Put the phone down - no email, no social media	20 Go to bed 30 minutes earlier	21 Find a local outdoor trail or track
22 Eat a new dark green veggie	23 Sit down and breathe - inhale for 5 breaths, exhale for 7	24 Say no to extra to-dos so you can go to bed earlier	25 Do a physical activity with a child in your life	26 Roast a fruit for dessert	27 Have lunch with a friend	28 Go outside mid-day to improve your mood and sleep

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