



MedwellNews

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RECIPE THE MONTH



Broccoli Citron

You'll Need

- Enough Broccoli for everyone
- 3 - 4 pats of butter
- 1 teaspoon olive oil
- 1/2 lemon
- Salt and pepper to taste

Directions:

- Cut the florets as you like them and put them in a steamer.
- Steam them for about 10 minutes. When they're done, they will change from a dusty dark green (if they are fresh, which they should be), to a back-lit, vibrant green. Take them off the heat and uncover.
- Cut your pats of butter and olive oil and put them in a mixing bowl large enough to hold the broccoli. Then add in the salt and pepper, and squeeze in all the juice from the lemon.
- Throw in the steaming hot broccoli florets and turn them over so they get completely drenched. Keep doing this until the butter is melted.

PREVENTATIVE CARE

When it comes to managing our health, we are in charge of our bodies and our decisions, so making good choices and knowing areas to improve are key to personal preventative care. There are some simple health and behavior changes that can make a lasting difference. The following categories and suggestions are great first steps in helping to prevent chronic diseases.

FOOD CHOICES

When it comes to purchasing food, always read the labels. Eliminate items with fake ingredients including: high fructose corn syrup, food dyes, and aspartame. When preparing your meals, focus on having three servings of vegetables each day. You can do this by incorporating them into your lunch and dinner.

EXERCISE

Incorporate exercise into your day. Set a starting goal of doing three, 10-minute bursts of exercise each day. You can do 10 minutes of strength training before work, walk for 10 minutes during your lunch break, and stretch for 10 minutes at night. Before you know it, you will be done! You can increase the minutes as you become used to this routine.

STRESS MANAGEMENT

Practice safe stress. Managing your stress is a key component to living a healthy lifestyle. When incorporating a stress relief activity into your day, do what works best for you: practice yoga, color, draw, meditate, garden, or walk. What is your favorite "me time" activity? Do that!

WELLNESS NEWS OF THE WEIRD



The United States spends significantly more on health care than any other country. It is approximated that more than \$2.6 trillion, or about 18 percent of gross domestic product is spent on health care. Think about how much we could reduce this if we practiced smart health habits that helped us to prevent disease.

SCREENINGS MAY LEAD TO HEALINGS

A simple check-up is one solution to preventing a disease. Many times screenings do not have to take place at the doctor, check with your company to see if they offer screenings at your work place.

TIP: The best thing for you to do is check with your insurance carrier about what preventative visits to the doctor are covered. Then, commit to making those appointments happen throughout the year. If a one-hour check-up could save you years of sickness, wouldn't that hour be well spent? It's better to visit the doctor as a preventative measure versus needing to seek treatment for a condition that has rapidly affected your body.

STRESS BUSTERS

Feeling Burned Out?

We all feel this way from time to time, probably more than we actually admit it.



Did you know that poorly managed stress can lead to various chronic diseases? That's why it's extremely important to practice stress management techniques. What makes you relax? Set aside time each

day and do that, even if it's 5 minutes. Your body will thank you.

Give yourself time to:

- Do deep breathing and silence.
- Knit or crochet.
- Color with the kids or all by yourself as you listen to some good tunes.
- Plan an outing to a movie.
- Read.

ASK WILL

I've been hearing a lot about the importance of getting good sleep. Is this really all that important?

Great question and it fits perfectly with the topic of prevention. YES! Sleep is crucial. Current research shows it aids in memory and longevity.

In addition, research indicates that inflammation markers which can be linked to heart disease, stroke, and diabetes are higher in individuals who get less than 6 hours of restless sleep. It's also worth mentioning that when people do not sleep well, they tend to want to snack more often the next day.

So it seems best for you to get a good dose of the ZZZZZZs. If you need a sleep guide containing tips to aid you in getting better sleep, email nutrition@willclower.com and we'll send it your way.



HAVE A QUESTION?

Email him:
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