

ActiveYou

The ActiveHealth® newsletter that helps you live healthy and well

FEBRUARY 2016

Healthy at heart

Your heart keeps you going—through every stage of life. That’s why taking good care of your heart is so important to your overall health. A heart-healthy lifestyle is vital for everyone, not just for people with existing health problems. And even if you already have high cholesterol or high blood pressure, a healthy lifestyle can help you lower your risk of heart attack or stroke. If you have children, you can be their healthy role model. They are more likely to build good habits in their own lives if they see you practicing them in yours.



Want to do your heart a favor?

- Try to eat healthy foods
- Don’t smoke
- Be active
- Reach and stay at a healthy weight
- Get the screening tests you need

A great catch!

Try to eat at least two servings of fish each week. Oily fish, which contain omega-3 fatty acids, are best. These fish include salmon, mackerel, lake trout, herring and sardines.

Don’t eat fish? You can still get omega-3 fats from omega-3 eggs, walnuts, flax seeds and canola oil.



Upcoming events

Motivating Mississippi Webinar

“Controlling Your Blood Pressure”

Feb 23, 9:30 AM and 1:30 PM CT

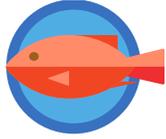
<http://go.activehealth.com/mississippi-webinars>

A heart-healthy, low sodium recipe

Asian-style steamed salmon

Ingredients:

- 1 cup low-sodium chicken broth
- ½ cup shiitake mushroom caps, rinsed and sliced
- 2 tablespoons fresh ginger, minced
- ¼ cup scallions, rinsed and chopped
- 1 tablespoon lite soy sauce
- 1 tablespoon sesame oil (optional)
- 12 oz salmon fillet, cut into 4 portions



Directions:

Combine chicken broth, mushroom caps, ginger, scallions, soy sauce, and sesame oil (optional) in a large shallow saute pan. Bring to a boil over high heat, then lower heat and simmer for 2-3 minutes. Add salmon fillets, and cover with a tight-fitting lid. Cook gently over low heat for 4-5 minutes or until the salmon flakes easily with a fork in the thickest part (to a minimum temperature of 145 °F). Serve one piece of salmon with ½ cup broth.

February Webinar Presenter

Meet **Rolanda**, a health coach with ActiveHealth Management. Rolanda is a Certified Health Education Specialist and a Certified Wellness Program Coordinator. She loves to help employees set goals to live a healthier lifestyle and improve their overall quality of life. Rolanda looks forward to sharing information on ways to prevent and control high blood pressure through healthy lifestyle changes.



Rolanda's Mission:

"Connecting with individuals, helping them find their own inner strength, and witnessing their success is what keeps me fully charged."

Join Rolanda on February 23 for the Wellness Webinar, *"Controlling Your Blood Pressure"*

To register, visit:

<http://go.activehealth.com/mississippi-webinars>



Your 2016 Action Plan is waiting

MyActiveHealth.com/Mississippi is a powerful, personalized website for managing your health. You might want to visit the **My Action Plan** to view healthy activities designed just for you! You can also enter a personal health goal. Once you reach your goal, you can create a new one. Writing down a goal is a great way to start creating a healthier you!



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.

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