

ActiveYou

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

January 2017



Wishing you a very social new year!

Are friends, family, and co-workers an important part of your wellbeing? You bet! Feeling supported by others is key to both physical and mental good health.

This social support is what makes us feel “connected.” We all want to belong, and to be a part of a larger group or community. But that does not mean you need a huge network of family and friends. Even a small circle of people you know and trust can help you feel balanced and whole.

Want to strengthen your circle of support in 2017? You might want to try these tips. If they don’t work for you, try to think of some that do. You can make the new year a social success!

1. **Make the first move.** To get the most out of your social relationships, make an effort. Make time for friends and loved ones. You can reach out to lend a hand or just say hello.
2. **Seek out support when needed.** If you are under a lot of stress, think about joining a support group. This can help you meet others who are dealing with similar challenges.
3. **Follow your interests.** What do you like to do – hiking, cycling, reading, volunteering? You are more likely to connect with people who like the things that you like.



5 pebbles for positive thinking

Staying positive with people throughout the day is easier than you think. Try this:

1. Place 5 small pebbles in your left pocket as you are getting dressed in the morning.
2. Every time you give a compliment or do something nice for someone, move one of the pebbles to your right pocket. Try to get all the pebbles in that pocket by the end of the day.
3. Add a pebble every Monday. This will help challenge you to reach more people with your positivity.



Upcoming events

Wellness Webinar Series

“Total health. It’s all good.”

January 31st

10:00 AM, 12:30 PM and 4:30 PM ET

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

Oatmeal Pecan Waffles



Looking to try a new recipe for waffles or pancakes?

Ingredients

- 1 cup whole-wheat flour
- ½ cup quick-cooking oats
- 2 teaspoons baking powder
- 1 teaspoon sugar
- ¼ cup unsalted pecans, chopped
- 2 large eggs, separated
- 1 ½ cup fat-free (skim) milk
- 1 tablespoon vegetable oil
- 2 cups fresh strawberries, halved
- 1 cup fresh blackberries and 1 cup blueberries
- 1 teaspoon powdered sugar

Directions:

1. Preheat waffle iron
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well
4. Add liquid mixture to the dry ingredients, and stir together
5. Whip egg whites to medium peaks. Gently fold egg whites into batter
6. Pour batter into preheated waffle iron, and cook until waffle iron light signals it is done



Coach's corner

Meet Lisa –a real movement warrior! She enjoys walking, spending time with her family, and learning something new each day.

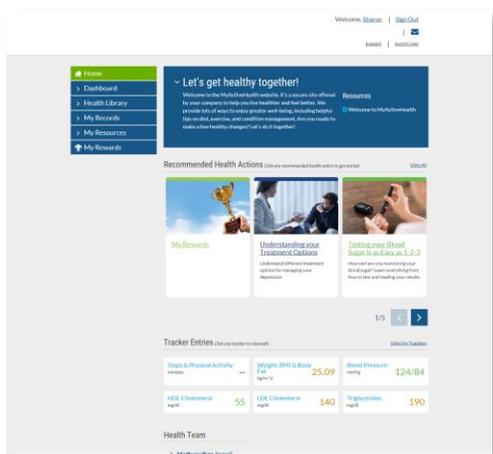
Lisa's health tips

Lisa always tries to fit movement into her day. No matter how busy she is, she sets aside time for staying active. Try the 4 tips that Lisa uses:

- Do jumping jacks or other movements during TV commercial breaks
- Take a walk after dinner with your family
- Park in the furthest parking spot at work or at the store
- Plan a walking meeting with your friends at work

Are you inspired? Can you think of any fun ways to add more movement to your day?

Join Lisa on January 31st when she presents the Wellness Webinar "Total Health. It's all good." To register, visit, <http://go.activehealth.com/wellness-webinars>



Source:

NHLBI. Deliciously Healthy Family Meals. Oatmeal Pecan Waffles., Retrieved December 15, 2016 from: <http://www.nhlbi.nih.gov/health/educational/wecan/downloads/oatmeal-waffles-letter.pdf>

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.

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