

Healthy Minute



Take a Minute for Your Health

Prepared for you by



Jan 2019

Healthy Resolutions

Did you know that people who openly make resolutions are 10 times more likely to attain their goals than people who do not?



The New Year is a perfect time to reflect on the past 12 months and assess what habits you want to take with you into the New Year, and what you want to leave behind. Resolutions can both feel and be hard to keep, but they don't have to be. View the spotlight on making AND keeping healthy resolutions in 2019 and complete the monthly quiz for a chance to win a \$25 gift card. at www.JHMBHealthConnect.com/health-spotlights

Upcoming WellPATH Activities

FREE Wellness Screenings

Tues, Jan 8:	8:00 AM - 12:00 PM	Pinnacle Training Systems
Sat, Jan 12:	8:00 AM - 12:00 PM	Pinnacle Training Systems
Thurs, Jan 17:	1:00 PM - 4:00 PM	Parent University
Sat, Jan 19:	7:00 AM - 11:00 AM	Pinnacle Training Systems
Wed, Jan 23:	1:00 PM - 3:00 PM	Fulton School
Wed, Jan 30:	10:00 AM - 1:00 PM	Wawona Middle School

Schedule a Personal Wellness Screening for your site by January 31st!

The WellPATH Program is offering FREE on-site biometric health screenings across the District! However, we need your help to schedule screenings at your site. To ensure wellness screenings are available at your location, please complete a brief Event Request Form by January 31, 2019. We will follow up accordingly to secure a date and time. The WellPATH Event Request Form can be found at: <https://www.surveymonkey.com/r/33S7NMB>.

Group Fitness Starts This Month

Our next **FREE** group fitness block begins on Jan 14. Classes offered this session include Zumba, Butts and Guts, 20x3, Yoga and Kettlebells. All fitness levels are encouraged to attend. Visit our events calendar to see the group fitness schedule online at: www.JHMBHealthConnect.com/events.



Monthly Webinar Do Your Bucket List: 7 Ways to Up Your Focus on Things That Matter

Available Anytime, All Month



Presented by: *Eva Churchill, Claremont EAP*

Whether it's running an iron man, meeting somebody, or losing ten pounds, we all have that next thing we want to accomplish in life. But it's so easy to lose focus on personal growth in the rush of daily life. Get inspired and get practical with these seven strategies to increase your focus on that next bucket list item. Life without regrets is possible, you just need to get focused.

Learn more and watch online at: www.JHMBHealthConnect.com/events.

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Healthful Tip: 5 Heart Healthy Resolutions for the New Year

It takes 21 days to make a habit and only one day to break it. To ensure success, follow these rules; 1) Create realistic goals and strategies, 2) Keep it simple, and 3) Be patient.

Ready to get started? Here are five easy, heart healthy resolutions for every lifestyle.

1. **Drink more water:** You've heard it time and again, but the fact remains: Drinking the right amount of water is a key ingredient in staying healthy. If you're drinking more water, you'll have less room for sugary sodas – which is a good thing.
2. **Go green:** By keeping your cabinets stocked with heart healthy fruits and vegetables you are in better shape to stick to your resolution. And if fresh doesn't work with your schedule or habits, remember you can get frozen or canned. Just be sure to rinse canned fruits and vegetables, as they may contain added salts and sugars.
3. **Eat seasonally:** Good for your budget and waistline, eating seasonally means you are getting food at its peak performance and flavor level.
4. **Cut out processed food:** Decide that 2019 is going to be the year you say no to aspartame, high fructose corn syrup and hydrogenated oil. In addition to chemicals your body doesn't need or want, processed foods are full of added salt. Higher salt intake puts you at risk for high blood pressure.
5. **Eat more fiber:** Crucial to heart health and reducing the risk of heart disease, fiber is easy to add to your diet. Whole grains are filled with fiber, which makes digestion easier and helps you feel fuller when you're done eating – both key factors in weight management.



Source: www.goredforwomen.org

Jan 2019 Recipe Blackened Shrimp Avocado Cucumber Bites



Calories: 155
Fat: 8.8g
Carbohydrates: 5.5g
Fiber: 1.9g
Protein: 13.6g

Ingredients

For the shrimp and cucumber bites:

- 1 tablespoon oil
- 1 tablespoon creole seasoning
- 1 pound shrimp, peeled and de-veined
- 1 cucumber, sliced
- 1/4 cup remoulade sauce (optional)

For the avocado sauce:

- 1 avocado, mashed
- 1 green onion, thinly sliced or chopped
- 2 tablespoons cilantro and/or parsley, chopped
- 1 tablespoon lemon juice
- salt and cayenne to taste

Directions

For the shrimp and cucumber bites: Toss the shrimp in the oil and the seasoning and cook in a preheated (medium-high heat) heavy bottomed pan/skillet until slightly blackened, about 2-3 minutes per side. Assemble the bites with cucumber slices, topped with avocado sauce, shrimp and remoulade sauce.

For the avocado sauce: Mix everything and enjoy!

Option: Use your favorite guacamole instead of this avocado sauce.

Source: <https://www.closetcooking.com/blackened-shrimp-avocado-cucumber-bites/>