

Healthy Minute

Take a Minute for Your Health



June 2019

Healthy Aging - 10 Tips for Living Longer and Better



What we really want is to live longer well, staying healthy enough to continue doing the things we love. While having good genes certainly helps, a growing body of research suggest that how well you age depends largely on you and what you do. Fortunately, research also finds that it's never too late to make changes that can help you live a longer and healthier life. Learn more about the top ten tips for aging well by reading this month's article and complete the monthly quiz for a chance to win a \$25 gift card at: www.JHMBHealthconnect.com/health-spotlights.

FREE June 2019 Webinars

Shoulder Mobility Healthy Minute Video on YouTube

Presented by Pinnacle Training Systems

Check out this exercise to help improve shoulder mobility while also working on engaging your core (available at <https://youtu.be/ka7SC5YWk6A>).

Master Your Mind: Emotional and Physical Health Connections

Available All Month - No Registration Required

Presented by Claremont EAP

You get upsetting news and suddenly feel sick to your stomach. You're nervous about a big meeting and you begin to sweat, your heart races. Examples of the mind-body connection are endless. Particularly helpful for those living with chronic illness or other health challenges, this dynamic session provides strategies that employ the mind to lessen chronic pain, reduce depression associated with physical ailments, improve health outcomes, and more. You'll learn about the latest research findings and gain techniques to help you feel your best, both mentally and physically.

For more info: www.JHMBHealthconnect.com/monthly-webinars

Prepared for you by

Summer 2019 - FREE Biometric Wellness Screenings

Are you making your health a priority? The WellPATH Program is offering four (4) FREE summer wellness screenings for you and any dependent covered under the District medical plan that is 18 years or older. For schedule details please review the Event's Calendar at www.JHMBHealthconnect.com/events-calendar.

To pre-register for a wellness screening or to schedule an appointment complete a personal wellness assessment online at www.wellnessiqsystems.com using the client code: **FUSD123**. If you experience issues accessing the Wellness Systems portal call Pinnacle Training Systems at (559) 548-3260.

Summer 2019 Screenings Schedule

Mon, Jun 3:	1:00 PM - 4:00 PM	J.E. Young Academic Center
Tues, Jun 4:	2:00 PM - 5:00 PM	Fresno High School
Sat, Jun 15:	8:00 AM - 12:00 PM	Pinnacle Training Systems
Thu, Jun 20:	7:00 AM - 11:00 AM	Pinnacle Training Systems
Sat, Jun 27:	7:00 AM - 11:00 AM	Pinnacle Training Systems
Tue, Jun 30:	8:00 AM - 12:00 PM	Pinnacle Training Systems

Summer 2019 - Group Fitness Classes

Did you know your spouse, domestic partner, dependents age 18 and over covered under the District's health benefit plan can attend these FREE group fitness classes too? Get the family involved by making fitness a team activity, it's more fun and motivating when you have a workout partner.



This summer four (4) FREE group fitness classes will take place at RATA High School and the Education Center. Circuit Training, Yoga, and Zumba are available this summer for ALL fitness levels. **No Commitment! No Fees! No Equipment Necessary!**

Take advantage of as many classes as you want. Learn more about times and locations by visiting the Event's Calendar at:

www.JHMBHealthconnect.com/events-calendar.

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WellPATH
Your Path to Better Health
Joint Health Management Board

Healthful Tip: Prevention - Small Changes Can Make a Big Difference

It's always better to prevent an illness rather than treat it after it develops. And while some factors (such as age, gender and family history for certain disease are outside your control, there are many important risk factors that are within our power to change. Steps like pursuing screening tests, vaccinations, and healthy lifestyle habits can help prevent or slow down an illness. Making small changes in your daily life can help you stay active and independent as you get older.

Lifestyle & Management: In addition to the screening tests and vaccinations your healthcare provider will do, there are a number of steps you can take to help prevent diseases from developing. Even if you already have an illness, these steps can help keep it from getting worse. For example, sometimes lifestyle changes like eating a healthier diet and exercising more can improve blood pressure or diabetes so that you don't need to take as much medication.

Stay Healthy by Eliminating Risk Factors for Disease: These major steps can help you stay healthy as long as possible and stop diseases before they start.

- Quit Smoking
- Increase your Physical Activity
- Eat a Healthy Diet
- Limit Alcohol Use
- Take Steps to Prevent Accidental Injury
- Keep Your Teeth Healthy
- Take Care of Your Skin
- Consider Taking a Baby Aspirin

Source: <https://www.healthinaging.org/a-z-topic/prevention/lifestyle>

June 2019 Recipe

Chipotle-Lime Cauliflower Tacos



Serving Size: 2 tacos each

Calories: 288

Fat: 7g

Saturated Fat: 2g

Carbohydrates: 48g

Fiber: 11g

Protein: 12g

Sugar: 7g (4g added sugars)

Ingredients

- ¼ cup lime juice (from about 2 limes)
- 1-2 tablespoons chopped chipotles in adobo sauce
- 1 tablespoon honey
- 2 cloves garlic
- ½ teaspoon salt
- 1 small head cauliflower, cut into bite-size pieces
- 1 small red onion, halved and thinly sliced
- 1 (15 ounce) can refried black beans, warmed
- 8 corn tortillas, warmed
- ½ cup crumbled queso fresco or feta cheese
- Sliced red cabbage, fresh cilantro, guacamole, jalapeño slices and/or lime wedges for serving

Directions

Preheat oven to 450°F. Line a large rimmed baking sheet with foil. Combine lime juice, chipotles to taste, honey, garlic and salt in a blender. Process until mostly smooth. Place cauliflower in a large bowl, add the sauce and stir to coat. Transfer to the prepared baking sheet. Sprinkle onion on top. Roast, stirring once, until the cauliflower is tender and browned in spots, 18 to 20 minutes. Serve the vegetables and beans in tortillas, topped with cheese and garnished with cabbage, cilantro, guacamole, jalapeños and/or lime wedges.

Source: <http://www.eatingwell.com/recipe/257781/chipotle-lime-cauliflower-tacos/>