



eat crunchy veggies.

Wellness News

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healthy changes
everything:



BlueShield
of Northeastern New York



Stress Less

We're all faced with stress on a daily basis. In order to cope with stressors, it's important to know where stress comes from and how the human body handles it. When you perceive a threat, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, to prepare for "fight or flight."

Physical changes prepare your body for action:

- Blood pressure rises
- Heart beats faster
- Muscles tighten
- Breathing quickens
- Senses sharpen

Response to stress has evolved over time. Human perception plays a significant role in individual stress reactions and levels. Excessive stress can have a significant impact on your health and overall quality of life.

Tips for Dealing with Stressful Situations: The Four A's

- **Alter** the situation. Express your feelings instead of bottling them up; be more assertive; manage your time better; be willing to compromise.
- **Adapt** to the stressor. Look at the big picture. Is it really worth getting upset over? Focus on the positive and take a moment to reflect on all the good things in your life.
- **Accept** the things you can't change. Don't try to control the uncontrollable; look at challenges as opportunities for personal growth; learn from your mistakes.
- **Avoid** people who stress you out. If someone consistently causes you stress and you can't turn the relationship around, limit the amount of time you spend with that person.

Did you know?

Regular exercise can help to improve your mood and reduce stress.

Do one thing.

For less stress and better health, include 30-minutes of exercise in your day.

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Get Fit – Walk to Better Health

We all know exercise is good for us, but where to begin? If you are new to exercise, walking is a great way to start. When performed at the correct intensity, walking can be the best form of exercise. Plus, it's simple and inexpensive.

Regular walking helps to maintain a healthy weight. It also improves bone health and can help to prevent or manage various medical conditions, such as heart disease, high blood pressure, and diabetes. If you want to start an exercise routine, consider walking as your go-to exercise.

Here are some things to remember:

- Keep your head up and look forward
- Relax your neck, shoulders, and back
- Move your arms to increase intensity
- Keep your core engaged and your back straight
- Walk smoothly, rolling your foot from heel to toe
- Keep a steady, brisk pace—don't be afraid to get your heart rate up!

Eat Fit – Spring Clean Your Diet

Refresh your health by cleaning up your dietary habits. "Eating clean" means eating more whole—or real—foods, such as fruits, vegetables, whole grains, healthy proteins, and fats. It also means cutting out refined grains, added sugar, salt, and unhealthy fats.

Follow these guidelines to spring clean your diet and improve your health:

- Eat whole foods
- Avoid processed foods
- Eliminate refined sugar
- Eat five or six small meals a day
- Cook your own meals instead of going out to eat
- Combine healthy protein with unrefined carbohydrates

Live Fit – Go Green for a Healthier Planet

Celebrate Earth Day on Tuesday, April 22 and do your part to keep our planet healthy.

Here are some ideas to get you started:

- Plant an indoor herb garden
- Compost appropriate materials
- When buying new appliances, look for the energy star
- Stop using disposable bags
- Wash laundry in cold water instead of hot, and line dry whenever possible
- Unplug unused electrical appliances and chargers
- Pay your bills online
- Use cloth napkins instead of paper



Did you know?

Wednesday, April 30, is National Walk at Lunch Day.

Do one thing.

Find out if your worksite is participating in National Walk at Lunch Day. If not, organize your own group walk with your co-workers or celebrate after work by taking a walk with family or friends.



Did you know?

Using a food journal can help you to keep your diet clean and lose twice as much weight.

Do one thing.

Visit Health and Wellness at bsneny.com/healthandwellness and start using *My Health* to track your diet today.



Did you know?

In the U.S., 1,500 water bottles are used each second. That means we use over 50 billion water bottles each year – and 80% of them end up in landfills.

Do one thing.

Use a BPA-free reusable water bottle.

Barbecue Pulled Chicken

Ingredients (makes 8 servings):

- 1 can (8-ounces) reduced-sodium tomato sauce
- 1 can (4 ounces) chopped green chiles, drained
- 3 tablespoons cider vinegar
- 2 tablespoons honey
- 1 tablespoon sweet or smoked paprika
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dry mustard
- 1 teaspoon ground chipotle chile
- 1/2 teaspoon salt
- 2-1/2 pounds boneless, skinless chicken thighs, trimmed of fat
- 1 small onion, finely chopped
- 1 clove garlic, minced

Directions:

1. Stir tomato sauce, chiles, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, ground chipotle, and salt in a 6-quart slow cooker until smooth. Add chicken, onion and garlic; stir to combine.
2. Cover and cook on low until the chicken can be pulled apart, about 5 hours.
3. Transfer the chicken to a cutting board and shred with a fork. Return the chicken to the sauce, stir well, and serve.

Nutrition (per serving):

364 calories; 13g fat; 93mg cholesterol; 32g carbohydrates; 30g protein; 4g fiber; 477mg sodium; 547mg potassium.

Source: EatingWell, July/August 2012



For more healthy tips:

Call our health coaches at 1-877-878-8785, option 2.