



get out and play.

healthy changes
everything:



BlueShield
of Northeastern New York

Wellness News

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New Year's Resolutions Done Right



It's 2014, and if you are like most of the U.S. population, you have set a few resolutions for the new year. The first step to lasting success is realizing that permanently modifying behavior takes time. Psychologists outlined the five stages of change that are used to identify how ready you are to tackle any negative health behaviors. The stages are:

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance

Notice that the first three stages focus on getting ready for change. If you've set a resolution, then it's possible that you are ready for the action stage. If you are still in the preparation stage that's OK. Change is a long-term process; success will not—and should not—happen overnight.

Did you know?

Setting goals can increase energy, effort, and focus when trying to ditch unhealthy behaviors.

Do one thing.

To learn more about how goal setting can help you improve your health, contact a health coach at 1-877-878-8785, option 2.

Get Fit – Starting an Exercise Program

Start the new year off right with a resolution to be more active. It's never too late to have an active, healthy lifestyle. Check with your doctor to make sure it's safe for you to exercise.

- If you are new to exercise, start slow and then gradually increase your activity.
- If you have health concerns, be mindful of them—you may even want to consult a fitness professional.

For the greatest health benefits, try to accumulate a minimum of 2.5 hours of moderate-intensity exercise over the course of a week. You can break that up into 30 minutes, five days a week.

Did you know?

Blue365 has fitness deals for you.

Do one thing.

Search for healthy discounts at blue365deals.com/bsneny. Saving money and improving health? That's multitasking at its best!



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Eat Fit – Planning is the Key to Success

Achieving and maintaining a healthy weight will improve your quality of life. While exercise is extremely important for overall health and wellness, following a nutritious diet is crucial for weight control. Follow these tips to stay on track:

- Set realistic goals for weight-loss
- Eat smaller meals every three to four hours
- Don't skip meals
- Allow “forbidden foods” in smaller quantities and on fewer occasions
- Balance, variety, and moderation are key

Did you know?

Our online wellness tools are easy to use, including diet and exercise logs. Visit bsneny.com and choose *My Health* on the Health and Wellness page. Our health coaches are available to help too. Give us a call at 1-877-878-8785, option 2.

Do one thing.

Keep a journal with your food and exercise totals to keep track of patterns that do and don't support your goals.

Live Fit – Preventive Health and Wellness

Preventive services—such as annual physicals, eye exams, immunizations, and cancer screenings—are as important as eating right and exercising when it comes to maintaining good health.

These clinical services can prevent and detect serious illnesses and diseases. Early detection and treatment may help keep your health care costs down. According to healthypeople.gov, “Clinical preventive services offer tremendous opportunity to save years of life and to help people live better during those years.” These services have been proven to:

- Prevent infections, such as the flu
- Reduce the incidence of many types of cancer
- Decrease one's risk of chronic diseases, such as heart disease and diabetes

Did you know?

Many preventive health measures are now covered in full. Check with customer service to learn more.

Do one thing.

Call your doctor today to schedule your annual physical.

Oven-Baked Salmon with Toasted Almond Parsley Salsa

Ingredients:

- 12 ounce salmon filet, cut into 4 pieces
- Coarse-grained salt
- Freshly ground black pepper

Directions:

Preheat the oven to 450 degrees F. Season the salmon with salt and pepper. Place salmon, skin side down on a non-stick baking sheet or in a non-stick pan with an ovenproof handle. Bake until salmon is cooked through, about 12 to 15 minutes. Serve with Toasted Almond Parsley Salsa (recipe follows).

Toasted Almond Parsley Salsa

Ingredients:

- 1 shallot
- 1 tablespoon red wine vinegar
- Coarse-grained salt
- 2 tablespoons capers, rinsed
- 1 cup fresh flat-leaf parsley
- ½ cup toasted almonds
- Extra-virgin olive oil

Directions:

Mince the shallot and add to a small bowl. Pour the vinegar over the shallots and add a pinch of salt. Let sit for 30 minutes. Roughly chop the capers, parsley and almonds and add to the shallots. Add the olive oil, tasting as you go. Mix again and adjust the seasonings as needed.

Source: foodnetwork.com

For more healthy tips:

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

