

# PURSUIT

February 2017

Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You



## My Success Story\*

As an employee at the University of Florida, my job duties include walking 1-2 miles across campus several times a week.

In March 2014, while out on campus I noticed the wellness fair so I decided to drop in. They encouraged me to complete the health screening and talk with the various representatives.

At the blood pressure station, I sat down and the attendant introduced herself and told me to sit still while she took the reading.

I was not concerned as I did not have any symptoms that I felt were unusual. They informed me that my blood pressure was 180/120 and that I should seek medical attention soon. That evening I visited an urgent care center where they confirmed my high blood pressure and connected me with a doctor who started me on a treatment to regulate it. Since then, I have made adjustments to my diet and exercise activities and learned to pay closer attention to sensations that indicate high blood pressure.

On the morning of July 4th, 2015, I recognized some of those symptoms and headed to the emergency room. While there, I suffered a heart attack, but luckily I was in the emergency room at the time and they were able to quickly control the event.

Today my blood pressure is under control, and I have to thank the staff at the wellness fair for taking the time to help me understand the silent medical issues confronting me.

\* The writer of this story chose to remain anonymous. We thank them for being willing to share their health success story.

IN THIS ISSUE

Success Story

Take Care of  
Your Heart

Recipe of  
the Month

# Take Care of Your Heart

When we think of February, most of us think of Valentine's Day. Heart-shaped candy, notes, even chocolates. What better time to give some attention to that heart-shaped muscle that's keeping us alive? Find out how to give your heart some love with these tips.



## EAT WELL

- Reducing your sodium to 2,300 mg per day can help lower your blood pressure by decreasing how much fluid your body retains.
- Eat a variety of foods rich in fiber such as whole grains, fruits and vegetables to increase your HDLs (good cholesterol).
- Limit the amount of saturated fats you eat such as fatty beef, lamb, pork, chicken with the skin, whole milk, butter, cheese and ice cream.
- Alcoholic drinks should be consumed in moderation: one drink per day for women, two for men. One drink is equal to 12 ounces of beer, one 4 ounce glass of wine or 1.5 ounces of 80 proof alcohol.



## MOVE MORE

- The American Heart Association recommends at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity).
- Walking is also a great way to exercise. Little things can encourage you like parking away from entrances, taking the dog out, or strolling to the neighborhood store instead of driving.
- Physical activity includes anything that requires you to move and burn calories. That means throwing the football with your kids, dancing to your favorite tunes, or working around the house all count as exercise.



## KEEP CALM

- Feeling stressed out lately? Talking to family and friends can help.
- Exercise releases endorphins, the hormone that boosts our mood.



## GET SOME SLEEP

- Try to get 7-8 hours of sleep. Fewer than 6 hours a night can increase your risk of developing heart disease.
- Improve the quality of your sleep by going to bed at the same time every night, having a routine, and keeping your sleep space dark, cool and quiet.



## QUIT SMOKING

- Find the free tools you need to help stop tobacco use by visiting [tobaccofreeflorida.com](http://tobaccofreeflorida.com).

# Fresh and Healthy Recipe of the Month

## Roasted Vegetable Tacos

Jazz up taco night with this recipe featuring roasted vegetables for a delicious melody of color, taste and nutrition!



### Ingredients:

- 1 16-ounce can pinto beans, drained and rinsed
- 2 tablespoons chicken or vegetable broth
- 1 teaspoon extra virgin olive oil
- 2 tablespoons chopped yellow onion
- 1 small jalapeño pepper, seeded and minced
- ½ teaspoon minced garlic
- Cooking spray
- 1 medium yellow squash, sliced crosswise
- 1 medium zucchini squash, sliced crosswise
- 1 small yellow onion, sliced
- Salt and pepper, to taste
- 8 6-inch corn tortillas
- ½ cup prepared green salsa
- ½ cup (2 ounces) crumbled queso fresco cheese
- 1 medium tomato, chopped

### Directions:

1. Heat oven to 400°F.
2. Puree beans and broth in food processor until smooth. Heat olive oil in a small skillet over medium-high heat. Sauté chopped onion and jalapeño pepper 4 to 5 minutes or until tender. Add garlic and cook 1 minute more. Add bean puree and stir until well combined. Cook 4 to 5 minutes or until heated.
3. Line baking sheet with aluminum foil. Spray yellow squash, zucchini and sliced onion with cooking spray. Sprinkle with salt and pepper. Bake approximately 20 minutes, flipping sliced vegetables halfway through cooking time.
4. Heat tortillas. Spread approximately ¼ cup bean mixture onto each tortilla. Top with approximately ¼ cup squash and onions. Finish each taco with 1 tablespoon salsa and 1 tablespoon cheese.

**Nutrition:** Serving size: 2 Tacos. Serves 4. Calories: 309; Total fat: 7g; Saturated fat: 2g; Trans fat: 0g; Cholesterol: 5mg; Sodium: 444mg; Total carbohydrate: 53g; Dietary fiber: 11g; Sugars: 9g; Protein: 13g

*Recipe courtesy of eatright.org*