

Newsletter

ThriveOn, Beat the Flu

According to the Centers for Disease Control and Prevention (CDC), one of the best ways to prevent the flu is by getting vaccinated every year.

Where to get your flu shot:

- Schedule your free flu shot at work
<http://bit.ly/FluShotToday>.
- Visit your network doctor or health care professional – Covered 100%, if not scheduled as an office visit.
*To find a network doctor of health care profession, visit myuhc.com.

- Visit a network pharmacy in the Optum RX network. Show your Optum RX card prior to getting your shot.
*To find a network pharmacy, visit optumrx.com.
- Visit a UHC network Convenience Care Clinic – Show your UHC card prior to getting your shot.
*To find a network convenience care clinic, visit myuhc.com.

Exercise of the Month: Child's Pose

Child's pose is a favorite position in yoga as it is used as a resting pose. This pose stretches your lower back and arms while allowing your entire body to relax.

1. Start your hands and knees on your mat. Exhale and lower your hips to your heels and forehead on the floor.
2. Your arms should be outreached with palms on the floor. For comfort, your palms can be made into fists and

stacked under your forehead. Your arms can also be alongside your body with palms up.

3. Breathe slowly and deeply, actively pressing your belly against your thighs on the inhale.
4. Breathe and hold for 4-12 breaths.



Coming this Month



Cooking Demo: **One-Skillet Veggie Hash**

Cook up this versatile, nutrient-packed veggie hash for breakfast, lunch, or dinner. Get creative and make your own version, adding whatever vegetables you have on hand. Top it off with a fried egg to make it a meal.

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SEPTEMBER COOKING DEMO



Apple, Beet, and Gorgonzola Salad

Autumn means local orchards are filled with hundreds of varieties of crisp and delicious apples. Rich gorgonzola is paired with the sweetness of apples and beets and topped with balsamic vinaigrette.

Salad

- ¼ cup chopped walnuts
- 1 head of chopped butter lettuce (or other greens of your choice)
- 1 cup roasted beets, sliced into wedges (see bonus recipe)
- 1 tart apple (cored and thinly sliced)
- ¼ cup crumbled Gorgonzola cheese

Dressing

- 2 Tbsp. balsamic vinegar
- ½ tsp. minced garlic
- ½ tsp. Dijon mustard
- 3 Tbsp. olive oil
- ¼ tsp. ground black pepper

Directions

1. In a small, dry skillet, add walnuts and toast on medium heat until golden brown. Stir a few times during toasting. Set aside to cool.
2. In a large mixing bowl, combine chopped butter lettuce, sliced beets, sliced apples, and toasted walnuts. Toss and top with crumbled gorgonzola.
3. In a small mixing bowl, whisk together the vinegar, garlic, and mustard. Slowly add the oil in a thin stream, whisking steadily. Season to taste with salt and pepper.
4. Top salad with dressing.

Estimated cost per recipe: \$4.57 Estimated cost per serving: \$2.29

Nutrition Information:

Calories 418, Total fat 35 g, Saturated fat 7 g, Monounsaturated fat 16 g, Trans fat 0 g, Cholesterol 13 mg, Sodium 467 mg, Carbohydrate 21 g, Fiber 5 g, Sugars 13 g, Protein 7 g



Eat This, Not That – Noodles & Company

Noodle & Company provides a variety of world flavors with their noodle bowls. They have everything from Japanese pan noodles to Spaghetti. If it's a pasta dish you're craving, they have many options, but be wary of the sodium and fat content found in many of their dishes.

Eat this! Regular Size Spaghetti without Meatballs

Nutrition Information	
Calories	610
Total Fat	18 g
Saturated Fat	4.5 g
Trans Fat	1 g
Cholesterol	15 mg
Sodium	840 mg
Total Carbohydrate	91 g
Fiber	3 g
Sugar	15 g
Protein	18 g

Both of these options are high in sodium and fat, but the Alfredo has 82 grams of fat and double the sodium of the spaghetti! Better yet, choose a small size portion of the spaghetti and a tossed green side salad with a balsamic or vinaigrette dressing to help round out your meal.

Not that! Regular Size Alfredo MontAmore

Nutrition Information	
Calories	1340
Total Fat	82 g
Saturated Fat	41 g
Trans Fat	2.5 g
Cholesterol	235 mg
Sodium	1680 mg
Total Carbohydrate	104 g
Fiber	8 g
Sugar	12 g
Protein	43 g