

Newsletter

Hello Happy Kicks Off March 7

Hello Happy is kicking off on **March 7**. You can earn points and an incentive by completing healthy activities. By earning 100 points, you earn a \$124 reduction in health insurance costs. If your spouse or domestic partner is on the health plan, they can earn points for an additional \$124 reduction in cost.



Completion of a health assessment and health screening are required to receive the incentive. You can sign up to complete your health screening at one of these locations: bit.ly/fc-screening. You can complete your health assessment and track your points by going to <http://thriveon.staywell.com>

ThriveOn and make 2016 your year of health!

Exercise of the Month: Bicycles

- ➔ Lie on your back with your knees bent, feet on the ground, fingertips behind your head, elbows out wide with arms in a diamond shape. Keep your shoulders relaxed.
- ➔ Exhale as you lift one and then the other knee. Inhale.
- ➔ Exhale as you rotate your upper body to the right, lifting your left shoulder toward your right knee, drawing your right knee in towards your chest, and extending your left leg at a 45 degree angle above the ground.

- ➔ Inhale and exhale as you switch legs, rotating each shoulder toward the opposite knee. Maintain lifting your upper body and pull your abdominal muscles to stabilize your pelvis. Avoid pulling on your neck. Two "switches" equal 1 repetition.
- ➔ Do 12-24 repetitions, moving smoothly and rhythmically, pumping legs as if riding a bicycle.



Coming this Month

Cooking Demo:

Savor the Flavor: Easy Tortilla Soup

March is National Nutrition Month and this year's theme is "Savor the Flavor of Eating Right." Eating soup is a great way to practice eating slowly and really savoring the flavor. This soup can be thrown together in about 15 minutes and is bursting with flavor.

[Click Here for This Month's Education Calendar](#)

Fitness Classes offered:

Bootcamp
Chair Fit
Beginner Yoga
Gentle Yoga
Hatha Yoga
Progressive Yoga
HITT
Line Dancing
Meditation
Strictly Strength
Total Body Circuit
Zumba

[Click Here for This Month's Fitness Calendar](#)



February Cooking Demo Recipe



Wild Salmon Salad

This recipe is an upgrade to the classic tuna salad. Salmon is a great source of **heart healthy** omega-3 fats and Vitamin D. As a bonus, it's easy on your wallet and whips up in no time!

Ingredients:

- ♥ 6 ounces canned wild salmon
- ♥ 1 tablespoon mayonnaise (made with canola oil)
- ♥ 1 teaspoon Dijon mustard
- ♥ 2 tablespoons minced onions
- ♥ 1 celery stick, minced
- ♥ ½ teaspoon dill

Recipe modified from: <http://www.joybauer.com/healthy-recipes/wild-salmon-dijonnaise.aspx>

Directions:

- ➔ Using chef's knife, mince onion and celery.
- ➔ Open canned salmon. Drain if necessary.
- ➔ Add salmon, onion, celery, Dijon mustard, mayo, and dill to small mixing bowl. Stir with rubber spatula to combine.
- ➔ Serve! This recipe is best served chilled.

Tip: Roll this salmon salad into a whole wheat tortilla or put it between two slices of whole wheat bread to make a satisfying wrap or sandwich.

Cost per Serving: \$1.75 ♥ Yield: 1 serving (1/2 cup)



Food Fight "Eat This, Not That" At Donatos



Donatos is a local favorite for delivery pizza. The edge-to-edge toppings make for a one-of-a kind pizza that everyone loves! With fresh ingredients and thin crust, choosing Donatos can be a healthier option compared to other pizza chains. Let's take a look:

Eat this!

Option #1: 2: One serving (1/4 large pizza) Thin Mariachi Beef Pizza

| | |
|-------------------|------|
| Calories | 530 |
| Fat (g) | 23 |
| Saturated Fat (g) | 11 |
| Cholesterol (mg) | 85 |
| Sodium (mg) | 1510 |
| Carbohydrates (g) | 52 |
| Dietary Fiber (g) | 5 |
| Protein (g) | 29 |

Not that!

Option #2: One serving (1/4 large pizza) Thin Serious Meat Pizza

| | |
|-------------------|------|
| Calories | 720 |
| Fat (g) | 38 |
| Saturated Fat (g) | 16 |
| Cholesterol (mg) | 135 |
| Sodium (mg) | 2110 |
| Carbohydrates (g) | 52 |
| Dietary Fiber (g) | 4 |
| Protein (g) | 42 |

If you're craving **meat** on your pizza, **don't overdo it** with the Serious Meat option! While an all-veggie pizza would be the healthiest choice, swapping an all-meat pizza for one that **combines meat and veggies** is a good compromise.

As you can see, the Serious Meat pizza, which includes pepperoni, sausage, ham, bacon, and ground beef, has quite a bit of calories and is high in fat and cholesterol. The **Mariachi Beef pizza**, on the other hand, has ground beef, tomatoes, and jalapeños. You still get some spiciness from the jalapeño, but you **save on calories, fat, saturated fat, cholesterol, AND sodium!**