

Newsletter

Don't miss the chance to earn your incentive!

Don't leave money on the table.

Complete the required activities and earn a total of 100 points by Sept. 30, 2016, to receive your incentive.



- ▶ Employees can earn a **\$124 reduction** in health insurance costs.
- ▶ Covered **spouses** and **domestic partners** can also earn a \$124 reduction.

Act now, sign in to thriveon.staywell.com and click the My Incentive tab to see what you have left to do.

Exercise of the Month: Plank

Planks target a group of muscles called your core. Strong core muscles make it easier to do most physical activities. Weak core muscles leave you susceptible to poor posture, lower back pain, and muscle injuries.

How to do it:

→ Lie face down, legs extended. Place your elbows under your shoulders and rest your forearms on the ground with your palms facing in. Your forearm and upper arm should form a right angle.

→ Slide your shoulder blades down to stabilize your shoulders. Your neck and head should be in alignment with your back.



- On an exhale, curl your toes under your feet as you push your body off the ground.
- Breathe normally as you hold position. Keep your back flat, not letting your buttocks drop or raise.

→ Hold for at least 20-30 seconds. As you build core strength, hold the plank for as long as possible without compromising form or breath.

Harder variation: place your hands on the floor and hold your body weight on your hands instead of your elbows.

Easier variation: rest your knees on the ground instead of fully extending. Keep back straight.

Coming this Month

Cooking Demo:

Avocado and Chickpea Salad

This refreshing upgrade to classic egg salad gets its creaminess from heart healthy avocado instead of not-so-heart healthy mayonnaise. Chickpeas (also known as garbanzo beans) are a great source of fiber and lean protein that will help keep you full and satisfied.

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 Education Calendar](#)

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



Farmer's Market Pasta Salad

If you haven't been to the farmer's market this year, this recipe is sure to send you in search of its fresh ingredients. The fresh corn and ripe peaches add a surprising hint of sweetness to this dish. The flavors all tie together well with a savory dressing. It's perfect for dinner on a hot summer evening.

Ingredients:

- 2 cups halved baby heirloom tomatoes
- 2 small zucchini, thinly sliced into half moons
- 1 small red bell pepper, cut into thin strips
- 1 cup fresh corn kernels
- 1 cup diced firm, ripe fresh peaches (about 2 medium)
- ½ cup thinly sliced green onions
- 1 cup Parmesan vinaigrette
- 1 (12-oz.) package whole wheat penne pasta
- 2 cups shredded chicken (about 10 oz.)
- ½ cup torn fresh basil
- ½ cup torn fresh cilantro

Directions:

Toss together first 7 ingredients in a large bowl and let stand 10 minutes. Meanwhile, prepare pasta according to package directions. Add hot cooked pasta and chicken to tomato mixture; toss gently to coat. Season with salt and pepper to taste. Transfer to a serving platter and top with basil and cilantro. Makes 10 servings.

Recipe from: <http://www.myrecipes.com/recipe/farmers-market-pasta-salad>
Modified by Ashley Denton, RDN, LD

Estimated Cost per Serving 83¢ • Estimated Cost per recipe \$8.25



Eat This, Not That at Outback Steakhouse

Chances are, if you are going to Outback Steakhouse, you intend splurge and order a steak. How can you keep calories, fat, and sodium in check? One tip is to avoid the oversized steaks. A quick review of their current menu revealed steaks as large as 18 ounces! That's about **5 times** the recommended 3-4 ounce serving size of meat.

EAT THIS: VICTORIA'S FILLET MIGNON (6 OZ) SIDES: SWEET POTATO AND STEAMED BROCCOLI	
Calories	644
Total fat	21 g
Saturated fat	7.5 g
Cholesterol	77 mg
Sodium	663 mg
Total Carbohydrate	74 g
Dietary Fiber	13.7 g
Protein	45.6 g

Choose this



Not that

You can still have a delicious meal and save about 400 calories, 30 grams of fat, and nearly 900 milligrams of sodium.

NOT THAT: NY STRIP STEAK SIDES: MASHED POTATOES AND STEAMED BROCCOLI	
Calories	1030
Total fat	50 g
Saturated fat	19.5 g
Cholesterol	270 mg
Sodium	1553 mg
Total Carbohydrate	41 g
Dietary Fiber	10 g
Protein	101.6 g

As you can see, the fillet mignon with the sweet potato option can save you about 400 calories, 30 grams of fat, and nearly 900 milligrams of sodium. Lastly, don't over-do it with dinner rolls and whipped butter, each one tacks on an extra 150 calories to your meal.