



**TOP STORY**  
National Fitness and Sports Month



**RECIPE OF THE MONTH**  
Asian-Style Steamed Salmon



**GET FIT**  
Triceps Kickback



**NUVAL WARS!**  
Choose This, Not That



**May is National Fitness and Sports Month!** Health-related fitness helps you feel your best and reduces the risk of heart attack, colon cancer, diabetes, and high blood pressure. Being fit allows you to have more energy throughout the day, with energy left over to enjoy your leisure time. Experts recommend either of the following: Activity at a moderate intensity (raise your heart rate and break a sweat) for 30 minutes a day, at least 5 days a week or vigorous exercise for 20 minutes a day, at least 3 times a week. (Vigorous exercise is where you are breathing hard and fast and your heart rate has increased.) \*We recommend prior consent from your physician before starting an exercise program.

**Asian-Style Steamed Salmon**

Prep Time	Cook Time	Yields	Serving Size
15 minutes	10 minutes	4 servings	3 oz salmon + 1/4 c. broth

- Ingredients:
- 1 C low-sodium chicken broth
  - 1/2 C shiitake mushroom caps, rinsed and sliced (or substitute dried shiitake mushrooms)
  - 2 Tbsp fresh ginger, minced (or 2 tsp ground)
  - 1/4 C scallions (green onions), rinsed and chopped
  - 1 Tsp lite soy sauce
  - 1 Tsp sesame oil (optional)
  - 12 oz. salmon fillet, cut into 4 portions (3 oz each)



Instructions: Combine chicken broth, mushroom caps, ginger, scallions, soy sauce, and sesame oil (optional) in a large, shallow sauté pan. Bring to a boil over high heat, then lower and simmer 2-3 minutes. Add salmon fillets, and cover with a tight-fitted lid. Cook gently over low heat for 4-5 minutes or until the salmon flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 degrees F).

Calories - 175 carbohydrates - 4g, fiber - 1g, total fat -9g, saturated fat -2g, cholesterol - 48mg, protein - 19g, sodium - 208mg, potassium - 487mg

**Monthly Webinar**

**Topic:** "Tobacco Free"

**Presenter:** Rolanda

**Date:** Tuesday, May 13th

**Times:** 9:30am, 1:30pm, 5:30pm CST

**Weblink:** [Motivating MS Wellness Webinar](#)

**Call-In Number:** 1-866-469-3239

**Access Code:** 652 167 619

**Arm Exercise: Triceps Kickback**



**Muscles Worked:** The triceps kickback strengthens the triceps muscle, which is located on the back of the upper arm.

**Description:** Stand with feet hip width apart and bend slightly forward at the waist. Keep your stomach tight and your knees bent to support your back. Hold a dumbbell in one hand, and bend the elbow so that the upper arm is aligned with the back. This is your starting position (pic 1). Straighten your arm until the dumbbell is pointing down, but do not lock out the elbow. Perform 10-12 repetitions with each arm, then rest for 30 seconds. Repeat this sequence up to 2 more times. \*We recommend prior consent from your physician before starting any exercise program.

**NuVal Trade-Up: Comparing Bread**

100% Whole Wheat Bread	Honey Wheat Enriched Bread

NuVal is a Nutritional Scoring System where foods are ranked on a scale of 1 to 100– the higher the score, the higher the nutrition. Check out this month's comparison between two types of wheat breads. Search the entire database on your MyActiveHealth website.

**Quick Tip** There are 1440 minutes in the day- take 30 minutes out of the day for activity. YOU are worth it!!

**Speak with a health coach toll-free:**  
**1-866-939-4721,**  
**Monday-Friday, 8 am – 8 pm, Central time**  
**and Saturday, 8 am-1 pm, Central time or visit**  
**MyActiveHealth.com/Mississippi**

