

ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

October 2016



Are you taking care of YOU?

Life is busy. Most of us are taking care of family, meeting the demands of work, or trying to finish endless to-do lists. No wonder we neglect our own health! But taking care of ourselves is important—and finding the right balance is key to good health. It can help reduce the risk of disease including heart disease, cancer, and stroke.

Here are some healthy tips you might want to try:

- Stay active, aiming for 150 minutes of physical activity a week
- Eat a healthy balanced diet rich in fruits and veggies
- Manage stress and get plenty of sleep (7 to 8 hours a night)
- Limit your use of alcohol and don't use tobacco products
- Be kind to yourself – take daily “me” time

Finding breast cancer early



Breast cancer can be found early. The key is getting a screening. The sooner you find the cancer, the easier it can be treated—and the better your chances for success.

Common ways to find breast cancer early include:

- Mammogram
- Clinical breast exam (CBE)
- Magnetic resonance imaging (MRI) of the breast

Talk to your doctor about which breast cancer screening tests are right for you. You might also want to talk about when you should get your screening.



Upcoming events

Motivating Mississippi Webinar

“Women’s Health”

October 25th – 9:30-10:00 AM or 1:30-2:00 PM CT

<http://go.activehealth.com/mississippi-webinars>

Try some pumpkin soup this fall!



Canned pumpkin tastes good and is easy to use. The blend of things in this soup gives it a hint of sweetness for those crisp fall days.

Ingredients:

- 3 cups water
- ¼ pound beef round roast (thawed, sliced thinly)
- 2 cans low-sodium pumpkin (about 30 ounces)
- 2 tablespoons maple syrup or brown sugar
- ¼ teaspoon black pepper
- ½ teaspoon cinnamon (optional)
- ¼ cup onions (diced)

Directions:

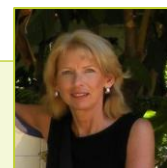
1. In a medium-sized pot, bring water to boil.
2. Add beef roast to boiling water. Boil for 5 to 10 minutes.
3. Add pumpkin, maple syrup, and pepper to pot. If using cinnamon, add that too. Mix well.
4. Lower heat and cook for about 10 minutes.
5. Put 2 teaspoons of onion on top of each bowl of soup. Serve hot.

TIP: Keep the internal temperature for beef roast to 145 degrees F, as measured by a food thermometer.



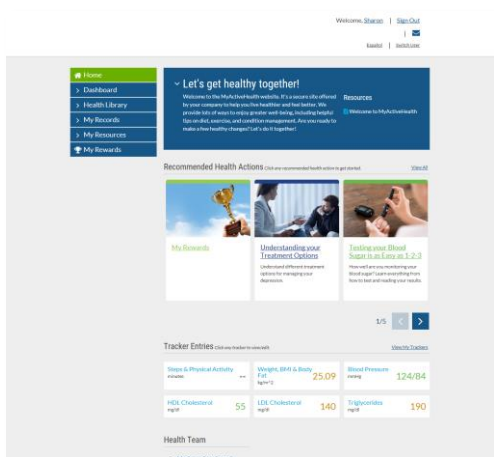
Coach's corner

Meet Julie, a Health Coach and Registered Dietitian with ActiveHealth Management. Julie has a Bachelor's degree in Consumer Economics and a Master's degree in Food Science and Human Nutrition. Her areas of specialty include renal nutrition and weight management. Her favorite way to relieve stress is to take a long walk or workout at the gym.



Julie's Inspiration

"To foster hope and empower individuals to achieve a better quality of life may be the most rewarding of human endeavors."



A wealth of health resources!

Exciting things are happening on the MyActiveHealth™ website! We've refreshed the look of our site to make it sleeker and better for mobile. But that's not all – there's much, much more. Log in from your smartphone, tablet or desktop to see our new look!

Sign up or visit MyActiveHealth.com/Mississippi today!

Source: USDA What's Cooking? USDA Mixing Bowl. Pumpkin Soup, Retrieved September 21, 2016 from: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/pumpkin-soup-fdd>



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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