

# ActiveYou

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

April 2017



## Making family time active time!

The family that stays active together has fun together! It's great for kids, because they learn how to stay healthy and feel good through physical activity. And busy parents can combine family time with exercise time. You might want to try some tips below. If they don't work for you, try making up some of your own. You are in charge of your active life!

### Getting started

- As a family, **make a list** of activities you would like to do together
- Make sure your list includes things that **everyone can do** and enjoy
- Keep a **family physical activity log**, or hang a calendar on the wall
- Try to plan **one or two family events** a week
- Once a month, plan a **special event** like a trip to the zoo, a day hike, or camping
- Use a **safe backpack, stroller, or bike trailer** so that smaller children can be included in family activities

### General rules

- Try to limit TV, video games, and computer time to **2 hours or less a day** (not including time for school work)
- **Don't use food** as a reward for meeting activity goals
- **Make staying active a top goal** - Don't let things get in the way of family activity time

## Every day can be an active day

You may not even realize it, but your normal day is full of active events. And getting your 2½ hours of moderate activity a week – what experts suggest – is not that hard. Anything that raises your heart rate and makes you breathe harder counts! Here are some tips for staying active at home:

- Give the kitchen floor a good scrubbing
- Wash the car, clean the garage, or wash windows
- Walk or bike to the store
- Use an exercise video for a little while in the morning and a little while in the evening
- Read the newspaper on a stationary bike



## Upcoming events

### Wellness Webinar Series

#### “Get Up, Get Active”

April 18, 2017

9:00 AM, 11:30 AM and 3:30 PM CST

<http://go.activehealth.com/wellness-webinars2.html>

*Join our monthly wellness webinar and be entered for your chance to win \$100 gift card!*

## Bulgur wheat salad

Bulgur is the star whole grain of this simple and colorful salad.



### Ingredients

- 1 onion (medium, chopped)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1 green, red or yellow pepper (small, chopped)
- 1/3 cup fresh parsley (chopped, or 2 tablespoons dried)
- 1 teaspoon canola oil
- 1 ½ cups bulgur (dry)
- 2 cups chicken broth (low-sodium)
- 8 ounces chickpeas or garbanzo beans (canned, drained)

### Directions:

1. Wash and chop fresh onion, broccoli, carrots, pepper, and parsley (if using fresh parsley).
2. Heat canola oil in a large skillet. Add onions and cook until soft.
3. Add bulgur and stir to coat. Add 2 cups chicken broth to skillet, bring to a boil.
4. Lower the heat, add remaining veggies and chickpeas. Cook for 10 minutes or until the liquid is absorbed.
5. Add parsley and stir. Serve warm or cold.

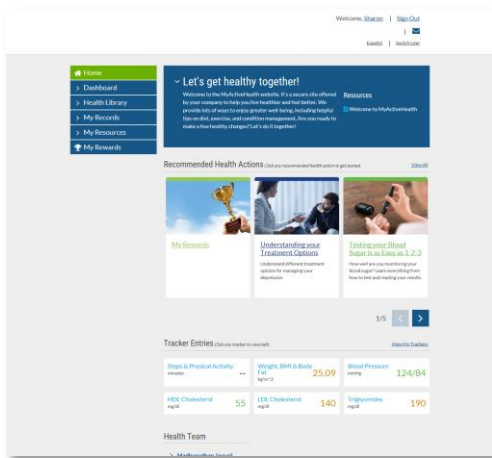


## Webinar Sweepstakes Winners!



## STACEY SMITH

Stacey works at Northwest Mississippi Community College in Senatobia, MS as the Instructional Technology Specialist in the eLearning department and teaches Applied Business Math online as an adjunct as well. Her hobbies are spending time with family, riding horses and fostering puppies for the local animal shelter. She is currently in the habit of running 3 days per week in an effort to stay fit and keep her cholesterol down. She attended the “ABC’s of Good Heart Health” webinar to make sure she learns as much information as possible since heart disease runs in her family. Stacey says, “The biggest take away for me was being reminded to seek out peer support when needed. It’s so easy to go back to old eating habits. I have connected with a few of my peers and we are accountable to each other for eating healthy and exercising. That tip was great for me and has helped me to get back on track.”



Source: What's Cooking? USDA Mixing Bowl. 5 a day bulgur wheat. Retrieved March 27, 2017 from: <https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/5-day-bulgur-wheat>

## Check out the new MyActiveHealth

Exciting things are happening on the MyActiveHealth™ website! We’ve refreshed the look of our site to make it sleeker and better for mobile. The features are easy to use, and the layout is extra friendly. Log in from your smartphone, tablet or desktop to see our new look.

Sign up or visit [myactivehealth.com/Mississippi](http://myactivehealth.com/Mississippi) today!



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.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc.  
© 2017 ActiveHealth Management, Inc. All Rights Reserved.