

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

Tips For a Safe Holiday Season

The holiday season is full of family meals and fun as we prepare to say goodbye to 2016 and welcome in a new year. Here are a few tips from the National Safety Council to help you have a safe holiday:



- When cooking on the stove, make sure to turn pots handles inward so kids aren't able to grab them.



- After you've enjoyed your meal, package and store any remaining food, since bacteria will grow if left at room temperature. A good rule of thumb is to make sure to refrigerate food that can spoil within two hours.



- Check the ages listed on toys to make sure they are appropriate.



- Young children often place toys in their mouths, so check toys for small parts that may pose a choking hazard.



- Remember to get a helmet for bikes, scooters and other rideable toys.



- Keep breakable ornaments and decorations that look like candy higher on the tree and out of reach of small children.



- Natural trees require water to keep them hydrated. When they dry out they can pose a fire risk, so make sure to check the water pan each night.



- Don't stand on the top ladder rung and have a family member spot you at the bottom when you're up high.



- Use lights that have been safety tested in a nationally recognized laboratory, like Underwriters Laboratories (UL), Intertek (ETL) or the Canadian Standards Association (CSA). Red UL holographic labels are for indoor and outdoor use. Green UL holographic labels are for indoor use only.



- Check the lights to make sure there are no exposed or frayed wires or bad connections.



- Plug outdoor lights only into a ground-fault circuit interrupter (GFCI)-protected receptacle or portable GFCI.



If you or a loved one gets hurt, it can be tough to figure out when to go someplace for care. For major injuries like heavy bleeding, a deep wound or a serious burn, head to the ER or call 911. For sprains, back pain, minor broken bones or eye injuries, you can go to urgent care. If you're not sure, call your doctor to get the answers you need.

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My Success Story

by Georgia Hudson



Over the past year, the Southwest Florida Water Management District united with Florida Blue to provide a worksite wellness program, with education and support to make positive behavior changes for the employees, retirees, and their families. I had participated in several classes, yet it seemed that I made temporary changes. When the courses ended, so did my motivation. Then along came the *Am I Hungry?*[®] mindful eating course.

Coach Tracie Hammond, a phenomenal health coach, suggested we always ask ourselves the question, "Am I hungry?" before we eat. This became an important part of my vocabulary, but most of all it required me to act. It made me think and answer the question honestly. Sometimes I had to dig a little deeper into my thoughts to decide the answer, which allowed me to make the right choices. If I wasn't hungry, it inspired me to explore what I really wanted at that time—whether it was food, drink, rest, exercise, fun, peace or simply redirection. Getting results made me very excited, and it empowered me to continue with self-discovery; the light bulb had finally turned on.

My success was measured and achieved in multiple ways during and after the program. My weight loss during the 8-week program was 15 pounds, not including inches. I encouraged others to think and speak positively, believe in themselves, and to change their attitudes. I was so excited when my mother and aunts joined the gym in an effort to improve their health with my encouragement. I have been inspired and empowered to be mindful of not only what I eat but also how I think, act and speak.

"Most of all, I am proud of myself, as I accepted the responsibility to be mindful and took action to improve all areas of my life."

Although challenges arose throughout the year, I never gave up on myself and my belief that I could overcome obstacles! I refused to quit. I am very thankful that the *Am I Hungry?*[®] mindful eating program inspired me to take action. The course, for me, was more about being mindful than about eating. Eating, exercising, working, playing and more all came together when I became more mindful of my thoughts and beliefs.



Fresh and Healthy Recipe of the Month



Roasted Brussels Sprouts with Apple and Cranberries

Brussels sprouts are easy to cook and are a good source of vitamin C, folate and fiber. They also provide your body with phytonutrients that can help fight disease. This season, try this tasty dish with your holiday meal.



PHOTOS COURTESY: OHMYVEGGIES.COM

Ingredients:

- 1 pound Brussels sprouts, trimmed and quartered
- 1 medium sweet (e.g., Gala, Fuji) apple, cored and diced
- ½ cup dried cranberries
- ½ cup apple or orange juice
- 2 teaspoons canola oil
- 1 teaspoon minced fresh tarragon
- ¼ teaspoon salt, or to taste
- ⅛ teaspoon freshly ground black pepper
- ¼ cup chopped toasted pecans*

Directions:

1. Preheat the oven to 375° F.
2. Combine the Brussels sprouts, apple and cranberries in a large bowl. Set aside.
3. Blend the apple or orange juice, oil, tarragon, salt and pepper in a small bowl; add to the Brussels sprouts mixture; toss until well coated.
4. Arrange the Brussels sprouts mixture in a 9-by-9-inch baking dish. Bake for 25 to 30 minutes until the Brussels sprouts are fork tender.
5. To serve, top with toasted pecans.

Cooking Note

**Toast the pecans in a small, heavy dry skillet over medium heat, shaking the skillet frequently for 1 to 2 minutes until golden to release the flavorful oils.*

Nutrition: Serving size: ¾ cup. Serves 4. Calories: 200; Calories from fat: 70; Total fat: 8 g; Saturated fat: 0.5 g; Trans fat: 0 g; Cholesterol: 0m g; Sodium: 180m g; Total carbohydrate: 33 g; Dietary fiber: 7 g; Sugars: 21 g; Protein: 5 g.

Recipe Courtesy of www.Eatright.org