

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

September Is National Yoga Awareness Month

Whether you're a regular yogi or have never done one downward facing dog pose in your life, there's no getting around the fact that yoga is good for you—body, mind and soul. Read on to find out more about this ancient practice and its physical and mental benefits for improved health and well-being.

A yoga class is made up of three components: physical poses, breathing and relaxation and meditation.

Yoga keeps your joints healthy.

When you move your joints they stay lubricated, which helps them stay mobile. And during moves like bending and twisting, your joints are compressed and cartilage is squeezed, which causes water to exit your cells. When your joints expand again, fresh water enters, bringing with it fresh oxygen and nutrients. Scientists are just discovering that gentle movements in the joints somehow tell your body to repair the cartilage in your joints over time.



Yoga keeps your muscles and bones healthy.

As you build more muscle through yoga postures, your ligaments and tendons around a joint become stronger. This increases stability and improves your balance.

Yoga makes you more flexible.

And when you're more flexible, your joints can move through their full range of motion. Happier joints lead to easier mobility throughout the day.

Yoga makes your heart healthy.

When you go to a yoga class, you're showing your most important muscle a lot of love. This exercise reduces blood pressure, slows your heart rate, and lowers cholesterol and cortisol (the hormone created by stress).

Yoga helps you sleep better.

Research shows that people who practice yoga regularly—especially those who suffer from

insomnia—experience a better night's sleep.

Yoga improves your mind.

With regular yoga practice you improve stress management and resilience, reduce depression and anxiety, manage pain better and improve your overall mood and sense of well-being.

Give yoga a try.

If you've never taken a yoga class, you'll find that most studios have classes for every level of yogi. And they usually offer very affordable new student or introductory classes. This gives you a chance to try out all the different styles to see which one you like best. This month, see if you can make yoga your focus. Give it a try and pay attention to how your body responds. Happy Sun Salutation!

Resources: ACEfitness.org; WebMD.com; MayoClinic.com; NHLBI.nih.gov

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Ways to Save at the Grocery Store

Everyone wants to figure out how to save money when grocery shopping. Besides checking out the store brands, looking high and low on shelves, and not shopping when you are hungry, here are some tips to help you stay within budget.

- **Make a list.** That way you don't forget anything, and you won't buy things you don't need. There are lots of mobile apps to help you with your list. [Check this out.](#)
- **Buy fruits and vegetables in season.** They are cheaper and taste better. [See a list.](#)
- **Do your own food prep.** Buying pre-cut fruits and veggies or any foods that have been prepped like shredded cheese is more expensive than doing it yourself.
- **Skip the bottled water.** Filter your tap water and help save the environment.
- **Download coupons.** You don't have to clip them from newspaper inserts anymore. Go to [Coupons.com](#), [SmartSource](#) or [RedPlum.com](#) to see what coupons are available in your area. And don't forget to visit your grocery store's website for coupons, too.
- **Photograph your receipt.** You can earn cash back on your groceries with mobile apps like Ibotta, SavingStar and Checkout51.



Resource: [Webmd.com](#)



Black Bean Veggie Burgers

Ingredients:

- 1 (16 ounce) can black beans, drained and rinsed
- ½ green bell pepper, cut into 2 inch pieces
- ½ onion, cut into wedges
- 3 cloves garlic, peeled

- 1 egg
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon Thai chili sauce or hot sauce
- ½ cup bread crumbs

Directions

1. If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375° F, and lightly oil a baking sheet.
2. In a medium bowl, mash black beans with a fork until a thick paste forms.
3. In a food processor, finely chop bell pepper, onion and garlic. Then stir into mashed beans.
4. In a small bowl, stir together egg, chili powder, cumin and chili sauce.
5. Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
6. If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side.

Tip: Cover the burger with aluminum foil to keep moisture in and help it cook more evenly.

Recipe courtesy of Allrecipes.com. For nutritional information [click here.](#)

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