

PURSUIT

October 2018

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

Reduce Your Risk of Breast Cancer

Think Pink, Live Green

is a movement aimed at empowering women to live healthy and make educated choices that can reduce their risk of breast cancer. Follow these basic lifestyle guidelines to protect your health and your future.

Eat healthy.

Nourishing foods give your immune system a boost, which in turn helps lower your risk for breast cancer. Make nutrient-rich fruits, vegetables, legumes and whole grains part of your daily diet. And whenever you can, try to eat organic foods grown without pesticides. You'll also notice an increase in your energy level when your body is fueled with healthy foods!

Don't smoke.

Smoking is linked to a number of diseases, plus it's known to increase complications from breast cancer treatment. Try a free program like the American Lung Association's [Freedom From Smoking®](#) program, and get the support you need to kick this habit to the curb.



Get moving.

A little more than 20 minutes of activity a day can lead to a healthier weight, which is critical for reducing your risk of breast cancer. Ask your doctor to give you a healthy weight range based on your height and body type. Start slowly and gradually increase the length of your walks, or try to increase your pace. Find activities you enjoy and will stick with!

Get screened.

The earlier breast cancer is found, the better the odds it can be treated successfully. Florida Blue recommends yearly mammograms starting at age 40, but ask your doctor about what is best for you.

Limit alcohol.

Having no more than 1 drink a day can lower your risk of breast

cancer. This is because alcohol increases estrogen and other hormones associated with breast cancer.

For more information, visit the ["Breast Cancer Risk and Prevention"](#) page of the American Cancer Society website or the **Think Pink, Live Green** pages of breastcancer.org.



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Get Your Zzzzzs

Not getting enough sleep can have more troubling consequences than needing an extra cup or two of coffee to get going in the morning. Poor sleep has been linked to an increased risk for developing health conditions, like heart disease and diabetes. It can also affect your concentration, memory and ability to reason. Want to get up each morning in a better mood?

If you are not getting the sleep you need, get back on track:

- **Set a sleep schedule.** Go to sleep and wake up at the same time each day.
- **Avoid bright lights and devices before bed.** Turn devices off 30 minutes before bed.
- **Check your mattress.** Make sure it's in good shape. A mattress lasts between 9 and 10 years and then needs to be replaced.
- **Move around during the day.** Getting enough exercise during waking hours can help you sleep at night.



Here's how much shut-eye you need each night:

- Adults 65+: **7-8** hours
- Adults (18-65): **7-9** hours
- Teenagers (14-17): **8-10** hours
- Children (6-13): **9-11** hours
- Preschool-age children: **10-13** hours
- Infants: **11-14** hours
- Newborns: **12-15** hours

Resource: sleepfoundation.org



Frozen Chocolate Covered Bananas

Ingredients:

- 4 large ripe bananas, peeled and cut into thirds crosswise

- $\frac{3}{4}$ cup semisweet or bittersweet chocolate chips, melted (see Tip)
- $\frac{1}{4}$ cup shredded coconut
- Equipment: 12 wooden popsicle sticks

Directions

Line a baking sheet with parchment or wax paper. Insert a Popsicle stick into each piece of banana. Cover each piece with melted chocolate using a rubber spatula and sprinkle with coconut. (Reheat chocolate, as needed, to keep it melted.) Place the bananas on the baking sheet and freeze until frozen, about 2 hours.

- **Make Ahead Tip:** Store airtight in the freezer for up to 1 week.

Tip: To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted. Or place chocolate in the top of a double boiler over hot, but not boiling, water. Stir until melted.

Storage smarts: For long-term freezer storage, wrap your food in a layer of plastic wrap followed by a layer of foil. The plastic will help prevent freezer burn while the foil will help keep off-odors from seeping into the food.

Recipe and photo courtesy of www.eatingwell.com. For nutritional information, click [here](#).

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