

A monthly wellness newsletter from Better You

## Tips to get moving in the new year

January is an exciting time! New year, new goals, and new habits. Start your year with positive changes that include small realistic goals to boost your physical activity. You might have a goal to exercise more, to be more consistent, or to try a new sport. You can do it!

Remember, physical activity benefits your body and mind. It helps you keep a healthy weight and reduces your risk of conditions like diabetes, high blood pressure, depression, anxiety, stroke, and even some types of cancers. Movement also boosts your mood, helps you sleep better, and increases your energy level.

The Centers for Disease Control and Prevention recommend adults get at least 150 minutes a week of moderate-level physical activity such as brisk walking, and at least 2 days a week of activities that strengthen muscles.

Here's a list of tips to help make your activities a fun and lasting part of your life.

- **Take extra steps each day.**  
Park a bit farther, take the



stairs, stand up at your desk, or go for a brisk walk.

- **Do what you enjoy.**

Try different exercises to find out which ones you enjoy the most. Go to the gym, practice yoga, take cycling classes, swim, run, dance, or play sports. You are more likely to stick with a routine doing something that you genuinely enjoy. The options are endless, so get creative and have fun!

- **Buddy up for success.**

Partner with a friend or a small group of people

with similar goals. Having a workout buddy not only makes exercise more enjoyable, but keeps you motivated.

- **Set realistic goals.** Break your goals into small steps to reach them faster and build your confidence. Here's an example: After I have lunch, I will walk for 10 minutes, and tell myself, "I rock!"

Make the most out of the new year. Keep moving to boost your body and your mind. Start small and set yourself up for success!

**Resources:** [MayoClinic.com](https://www.mayoclinic.com); [CDC.gov](https://www.cdc.gov); [TinyHabits.com](https://www.tinyhabits.com)

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# Planning a pregnancy

Exhilarating times await you. If you are thinking of having a baby, a little planning goes a long way. Taking healthy steps before you get pregnant will help you have a healthy pregnancy and baby. Here are things you can do to prepare for this wonderful journey.

- Visit your OB/GYN doctor to discuss how pregnancy may affect any medical conditions you have and to review your medications.
- Get a dental checkup. The health of your teeth and gums may affect the pregnancy and the health of your baby.
- Take a multivitamin with 400 micrograms of folic acid

daily. Before and during early pregnancy this can help to prevent birth defects of the brain and spine.

- Eat healthy foods such as fruits, vegetables, proteins, whole grains, and milk products.
- Maintain or achieve a healthy weight and stay active.
- Do not smoke, drink alcohol, or take illegal drugs as they can harm your baby.
- Wait at least 18 months in-between pregnancies to give your body a chance to fully recover.

When you're ready to start the



journey, take steps that give you and your baby the best start possible!

If you are currently pregnant and have a Florida Blue health plan, you are eligible to enroll in the Healthy Addition® Prenatal Education Program. Contact us via email: [healthyaddition@floridablue.com](mailto:healthyaddition@floridablue.com) or call 1-800-955-7635 option 6.

**Resource:** [MarchofDimes.com](http://MarchofDimes.com)

## Garlic Roasted Salmon with Brussels Sprouts (Serves 6)

### Ingredients:

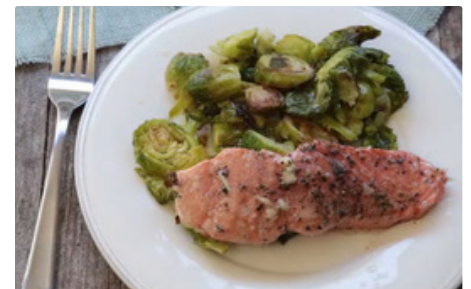
- 14 large cloves garlic, divided
- ¼ cup extra-virgin olive oil
- 2 tablespoons finely chopped fresh oregano, divided
- 1 teaspoon salt, divided
- ¾ teaspoon freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- ¾ cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions

- Lemon wedges

### Directions:

Preheat oven to 450 degrees F. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.

Add wine to the remaining oil mixture. Remove the pan from



oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and 1/2 teaspoon each salt and pepper. Bake until the salmon is cooked through, 5 to 10 minutes more. Serve with lemon wedges.

Recipe courtesy of [Eatingwell.com](http://Eatingwell.com); for nutritional information click [here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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