

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You



Mindful Eating: The Anti-Diet

Think about the last meal you ate. How did the food taste? How long did it take you to eat it? What sounds and smells did you experience as you chewed your food?

If you can't remember, you're not alone. Maybe you were in a hurry or eating while working at your desk. Maybe you were catching up on social media while you ate. Or maybe you're on a diet and didn't want to focus on the food you brought to eat.

Regardless of your eating goals, *mindful* eating can (re)introduce a healthy relationship between you and the food that nourishes and fuels your body.

What Is Mindful Eating?

When you practice eating mindfully, you slow down the process of eating. It's not a diet. It's a lifestyle practice—a way of approaching food while balancing nourishment and enjoying the fullness of life.

“Mindfulness is paying attention in a particular way: on purpose, in the present moment and nonjudgmentally.”

—Jon Kabat-Zinn

You are more likely to notice the moment when you are satisfied when you eat mindfully. This helps avoid overeating, which

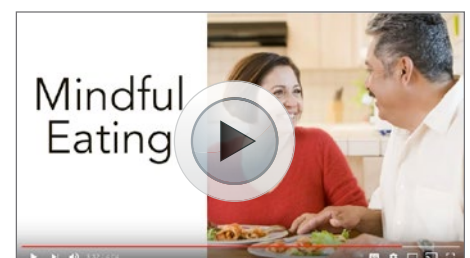
ultimately means you consume fewer calories. And fewer calories typically lead to weight loss. Plus, when you eat slowly and really pay attention to each bite, you engage your senses and savor your meal more.

Florida Blue Offers the Am I Hungry?® Mindful Eating Program

Created by Dr. Michelle May in 2006, this program centers on the Mindful Eating Cycle®, made up of six decision points that provide a complete approach to improving your relationship with food and your body.

Florida Blue's Better You team has trained, licensed Am I Hungry? facilitators to deliver this 8-week mindful eating program to employer groups enrolled with Better You.

Watch this short (4-minute) video to learn more about mindful eating.



References: www.webmd.com, www.mayoclinic.org, www.nih.gov, www.amihungry.com

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No Matter Your Age, Vaccines Are Important

Immunizations are a safe, cost-effective way to protect yourself and your children from many contagious diseases and illnesses. Getting vaccinated can prevent illness so you don't pay for treatment and miss work or school. They work by introducing

a small amount of the virus or bacteria to trigger your body's defense mode. This activates your immune system to create antibodies to help fight the disease or germs.

In addition to helping stop outbreaks of diseases like measles, immunizations can also prevent the occurrence of certain types of cancer. For example, human papillomavirus (HPV) is the most common cause of cervical cancer, and hepatitis B

can increase the risk of liver cancer. Getting vaccinated against HPV and hepatitis B can decrease the risk of developing these cancers.

For a complete list of the recommended schedule of immunizations, visit the Centers for Disease Control and Prevention (CDC) website at cdc.gov. Talk to your doctor to make sure you and your loved ones have the protection they need.



Get the flu shot if you haven't already.

It can lessen the severity or shorten the course of your illness. Typically flu season goes mid-winter through early spring. Here are a few tips to help get you through the rest of the season:

- ✓ Wash your hands and disinfect items such as door knobs and TV remotes.
- ✓ Try to keep your hands away from your nose, mouth and eyes. Keep your distances from those who are sick and don't go to work if you are feeling ill.
- ✓ Sneeze in your elbow crease or upper arm rather than your hands.
- ✓ Keep your immune system strong by eating healthy foods, managing stress and staying active.

Resources: CDC.gov; Vaccines.gov; WebMD.com; MayoClinic.com

Tuna-Artichoke Salad

A delicious and healthy dish that is perfect for lunch or a light dinner.

Ingredients:

- (6 ounce) jar artichoke hearts, drained and chopped
- ¼ cup chopped fresh dill
- 1 tablespoon lemon juice

- 2 cloves garlic, minced
- ½ teaspoon ground black pepper
- 1 cup chopped spinach
- 1 (5 ounce) can tuna, drained
- 1 red bell pepper, chopped

Directions:

Mix artichoke hearts, dill, olive oil, lemon juice, garlic, and black pepper together in a bowl;



add spinach, tuna, and red bell pepper and toss.

Recipe & photo courtesy of Allrecipes.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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