

# PURSUIT

JANUARY 2020

Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You

## Hoping for a Baby? Get Ready for Pregnancy First

If you're hoping to have a baby, the best thing you can do is get as healthy as possible before you get pregnant. Getting your body ready first can help you have a healthy pregnancy and baby.

Schedule a pre-pregnancy checkup with your doctor to learn how your health and family history may affect pregnancy. It's especially important if you have conditions like high blood pressure or diabetes, or take medications. You'll also want to make sure you're up-to-date on all your vaccinations.

Your OB-GYN can tell you about a good multivitamin and a healthy diet. A daily dose of 400 micrograms of folic acid before and during pregnancy helps prevent birth defects. Good prenatal nutrition includes fruits, vegetables, lean proteins, grains and dairy.



### Other healthy preparations include:

- Getting a dental checkup because unhealthy teeth and gums may affect your baby's health
- Maintaining a healthy weight
- Staying active
- Reducing stress as much as possible
- Staying away from tobacco, alcohol or illegal drugs, all of which can harm your baby
- Limiting exposure to harmful chemicals such as paint and insect spray
- Waiting at least 18 months in between pregnancies so your body can fully recover

Steps you take before you get pregnant will help your baby get the best start possible.



If you're pregnant and have a Florida Blue health plan, you're eligible for our Healthy Addition® Prenatal Education Program.

#### Contact us via email:

healthyaddition@floridablue.com or call **800-955-7635** option **6**.

**Resource:**

[March of Dimes](#)

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# Big Results Begin with Small Steps

Reaching a healthy goal – such as losing weight, following a healthy diet or exercising more – never seems to happen fast enough. It takes time for healthy habits to become part of your daily routine. It's important not to bite off more than you can chew.

Starting with one small step toward your goal and building on that with another, and then another can add up to big results. Here are some tips to help you stay on track.

- 1. Take it easy.** Break your big goal into small ones. If you want to lose 20 pounds, set a first-step goal of 5 pounds. Take a look at what you eat and drink to see where you can make a healthy substitution. For example, you could swap water for soda, or a piece of fruit for a cookie.

## Resource:

[WebMD.com](http://WebMD.com)

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## Weeknight Rotisserie Chicken and Gnocchi Soup (Serves 6 to 8)

### Ingredients:

- 2 tablespoons olive oil
- 1 large onion, diced
- 4 medium carrots, peeled and cut into ¼-inch-thick rounds
- 3 celery stalks, diced
- Kosher salt
- Freshly ground black pepper
- 4 cloves garlic, minced
- 6 cups water
- 1 bay leaf
- 2 sprigs fresh parsley
- 1 (2-pound) plain rotisserie chicken, meat shredded (about

4½ cups) and carcass reserved

- 1 pound fresh potato gnocchi
- 1 (5-ounce) bag baby spinach

### Directions

- 1. Heat the oil in a stockpot or Dutch oven over medium-high heat until simmering. Add the onion, carrots, and celery, season with salt and pepper, and sauté until softened, about 5 minutes. Add the garlic and sauté until fragrant, about 1 minute more.*
- 2. Add the water, bay leaf, parsley, and chicken carcass. Bring to a boil, then reduce the heat to maintain a simmer. Place the lid on the pot but leave it slightly ajar; simmer for 30 minutes.*

- 3. Remove and discard the chicken carcass, bay leaf and parsley. Add the shredded chicken and gnocchi. Continue to simmer until the gnocchi is al dente, about 3 minutes, or according to package instructions.*
- 4. Add the spinach and cook until it's wilted, 1 to 2 minutes. Season the soup with salt and pepper to taste.*

### Recipe Notes

**Storage:** Leftovers can be stored in an airtight container and refrigerated for up to five days or frozen for up to three months.

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

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