

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

A Few Lifestyle Changes Can Make You a Hero to Loved Ones

Harmful health conditions can creep up on you. One minute you feel well, and the next you could be dealing with high blood pressure, chronic lung disease, diabetes, cardiovascular disease or obesity. Reducing the risk of these conditions can make you a hero to the people who matter most—your loved ones.

Men are more likely to develop these health conditions, but lifestyle changes can prevent the risks they face. June is Men's Health Month, so here are some ways that men can live longer, healthier lives. (They work for women too!)

Find a doctor, one you can talk to about your physical, mental and sexual health. Get your wellness screenings and follow your doctor's recommendations. Many health



problems are more treatable when found early.

Get moving with an activity you enjoy. Try to get in 30 minutes of activity on most days of the week.

Maintain a healthy weight and a waistline smaller than 40 inches (for men; 35 inches for women). Fat around your waist can increase the risk for heart disease and stroke.

Eat healthy, well-balanced meals. Cut back on processed foods, sweets and red meat. Eat more fish, chicken, turkey, fruits, vegetables, whole grains and nuts.

Reduce stress by managing it in healthy ways—like exercise,

meditation, deep breathing exercises and fun activities.

Make sleep a priority. Your body needs at least seven hours of sleep to “rest and repair” itself.

Limit alcohol to no more than two drinks a day for men, one for women. One drink is 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof liquor.

Stop smoking. It's never too late to stop smoking, but it can be hard. Talk with your doctor or contact [Tobacco Free Florida](https://www.tobaccofreeflorida.com).

Sources:

[cdc.gov](https://www.cdc.gov); [cancer.org](https://www.cancer.org);
[diabetes.org](https://www.diabetes.org); [heart.org](https://www.heart.org);
[tobaccofreeflorida.com](https://www.tobaccofreeflorida.com)

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Healthy Steps Now Can Cut Risk of Alzheimer's Later

Alzheimer's is a scary disease. As we age, our risk for Alzheimer's increases, but it's not a normal part of aging. While there's still no cure for Alzheimer's, symptoms can be treated and there are steps we can take to help reduce our risk.

Alzheimer's is a degenerative brain disease. "Plaques" and "tangles" attack brain cells. Plaques are toxic to nerve cells and block cell-to-cell communication. Tangles block the transfer of nutrients and other essential substances to nerve cells, which causes the cells to eventually die. When either of these happens, the brain begins to shrink. This interferes with memory, thinking clearly and the ability to express thoughts.

Resource:

alz.org; mayoclinic.com; webmd.com

Grilled Vegetable Platter with Yogurt Mint Sauce (Serves 4)

Ingredients:

Mint sauce

- 1 cup 0% fat Greek yogurt
- ¼ cup fresh chopped mint, divided
- 2 cloves minced garlic, divided
- 1 teaspoon extra virgin olive oil
- Salt and black pepper

Vegetables

- 2 large red and orange color bell peppers, seeded and cut into 1-inch pieces
- 1 red onion, sliced into ¼ inch thick rounds

- 1 pound asparagus, trimmed
- 1 yellow squash, sliced diagonally ¼ inch thick
- 1 large zucchini, sliced diagonally ¼ inch thick
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried Za'atar seasoning
- ½ teaspoon kosher salt
- ¼ teaspoon pepper

Directions

1. Combine the yogurt with half the mint and garlic, ¼ teaspoon of salt and black pepper. Transfer to a small serving bowl.

Swirl 1 teaspoon olive oil on top and garnish with more mint.

2. Heat the grill or grill pan over medium-high heat. When ready, brush the grates with oil.
3. Toss the vegetables in a bowl with olive oil, lemon juice, remaining garlic, Za'atar, ½ teaspoon salt, and black pepper to taste. Grill the vegetables turning occasionally, until lightly charred, about 6 to 10 minutes. Arrange on a platter with the mint yogurt sauce. Sprinkle with remaining mint.

Recipe courtesy of Skinnytaste.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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