

ActiveYou

The ActiveHealth® Management newsletter that helps you live healthy and well

March 2017



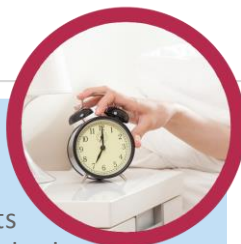
Eating well, feeling well

We all enjoy eating, but sometimes we don't stop to think about our health. Did you know that eating healthy can help you feel well? Putting the right foods into your body will help you achieve a healthy balance of vitamins, minerals and essential nutrients. And that can help you feel better, enjoy more energy, and lower your stress.

Healthy eating starts with learning new ways to eat, such as adding more fresh veggies, and whole grains to your diet. It's also good to cut back on foods that have a lot of fat, salt, and sugar. Here are some simple steps to eating well:

- **Aim for balance.** Most days, eat from each food group – grains, protein foods, veggies and fruits, and dairy. Listen to your body. Eat when you're hungry. Stop when you feel full.
- **Mix it up.** Have some fun. Choose different foods in each food group. For example, don't reach for an apple every time you choose a fruit. Eating different kinds of foods each day will help you get all the nutrients you need.
- **Not too much—or too little.** It's about eating just the right amount! All foods, if eaten in the right *portions*, can be part of a healthy diet. Even sweets can be okay.

Good night—and good health!



Did you know over 3 out of 10 U.S. adults do not get enough sleep? Getting too little sleep or even poor sleep can have a harmful effect on your health. Try these simple habits to improve your sleep:

1. Keep your bedroom quiet, dark and calming. Make sure it's not too hot or too cold in the room.
2. Try to go to bed at the same time every night and wake up at the same time every morning, even on the weekends. This will help to keep your body's clock running smoothly.
3. Exercise, but not within 3 to 4 hours of your bedtime. That can make it harder to fall asleep.

Upcoming events

Wellness Webinar Series

Balance Your Diet and Your Life

March 21, 2017

9:00 AM, 11:30 PM and 3:30 PM CST

[Click Here to Register](#)

<http://go.activehealth.com/wellness-webinars>

Roasted Veggies



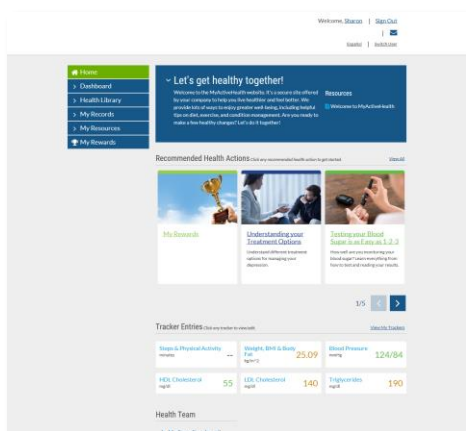
Ingredients

- Nonstick cooking spray
- 2 cups potatoes (cut into 2-inch pieces)
- 2 cups onions (cut into 4 pieces each)
- 3 cups carrots (peeled and sliced)
- 2 cups turnips (cubed)
- 2 tablespoons margarine (melted)
- 1 tablespoon water
- 3 cloves garlic (chopped)
- 2 teaspoons dried rosemary (if you like)
- ½ teaspoon black pepper
- ¼ teaspoon salt

Directions:

1. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Place potatoes, onion, carrots, and turnips on the baking sheet.
3. Combine margarine, water, garlic, black pepper, and salt in a small bowl. If using rosemary, add that too.
4. Drizzle over vegetables and mix until coated.
5. Roast for 30 to 40 minutes or until browned and vegetables are soft.

Source: What's Cooking? USDA Mixing Bowl. Roasted Vegetables, Retrieved February 24, 2017 from: <https://whatscooking.fns.usda.gov/recipes/food-distribution-fdd/roasted-vegetables>



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

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Webinar Sweepstakes Winner!



Marilyn M. Watkins, DrPH, MCHES

Marilyn is the Wellness Champion for the Mississippi Department of Wildlife, Fisheries and Parks. Her life work is educating the public on various health issues, and she is also a motivational speaker. She holds a Doctorate in Public Health focusing on Behavioral Health Promotion and Education and is a Master Certified Health Education Specialist. In order to stay healthy, she loves working out with the boxers at Keep Swinging Boxing & Fitness.

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