

PURSUIT

January 2017

Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

What's Your Motivation?

The start of a new year is often a great time for people to want to focus on living a healthier life. After coming off a busy holiday season of family gatherings filled with food and drinks, getting a fresh start is often the motivation going into the new year. Unfortunately, keeping the momentum going for longer than a month or so is tough, and many fail to meet their health goals.

Here are a few tips to help you stay on track this year.

- **What are your personal reasons for setting each goal?**
Do you want to feel better, be more productive, improve your relationships or be more creative? Focus on what you hope to get from the goal, which will build a positive association with staying on track.
- **Create a supportive environment.**
Set yourself up for success right from the start. For example, remove junk food from your home, carry a water bottle with you, or set your phone to remind you of when it's time to go to bed. And find people who can help you along your journey. It could be a health coach, fitness buddy, family or friend.
- **Keep your reasons in plain sight.**
Stay focused on your goals by posting pictures, inspirational quotes and other reminders.
- **Boost your willpower reserves.**
Keep your body strong and ready to fight temptation by getting 7–8 hours of sleep, eating more plant-based foods, taking 10-15 minutes a day for breath-focused meditation, and getting out to enjoy the fresh air.
- **The path to success begins with small steps.**
Write down your plan so you can keep up with your progress. Break it down into small, easy steps, and set up a reward for when you accomplish a new goal.

With some preparation, you can set yourself on a path to achieve your goals. Look forward to your successes in 2017, and get ready to celebrate a healthier you.



IN THIS ISSUE

What's Your
Motivation?

Start Your Day With
a Healthy Breakfast

Recipe of
the Month

Start Your Day With A Healthy Breakfast

When you think about having a good or successful day, it's important to remember that how you begin the day is often the key. To be at its best, your body needs the right fuel to power you through a busy day.



Starting your day with a healthy breakfast will give you the following:



More energy, endurance and strength



Better hand-eye coordination and problem solving



Better memory and concentration



Lower cholesterol



More vitamins, minerals and nutrients



A metabolism boost, which helps you burn calories

So when you begin your day, make sure you have a breakfast that includes fruits, vegetables, whole grains, low- or nonfat dairy and lean protein. Think about those healthy options first, and avoid the fatty options like doughnuts and pastries, which are full of sugar but don't provide nutrients your body needs. Make healthy choices at the start of the day so you can be at your best each day.



Fresh and Healthy Recipe of the Month

Cauliflower No-Crust Quiche

Quiche can be loaded with extra calories from eggs, milk and cheese, not to mention the crust. But this quiche does away with the crust while maintaining the flavor.



Ingredients:

- 2 teaspoons olive oil
- ½ cup chopped onions
- 5 large eggs
- ½ cup low-fat milk, rice milk or soy milk
- ½ teaspoon salt
- 1½ cups chopped cauliflower
- ½ cup shredded low-fat cheddar cheese
- 1 teaspoon paprika

Directions:

1. Preheat oven to 375°F. Lightly oil an 8-by-8-inch casserole dish or 9-inch pie pan with olive oil or butter. Spread onions evenly in the dish and place in the oven while you prepare the other ingredients.
2. In a small bowl, beat eggs, salt and milk with a whisk.
3. Remove dish from oven with mitts, and spread cauliflower and cheese evenly. Pour egg mixture over cauliflower, onions and cheese. Sprinkle with paprika.
4. Bake for 30 minutes, or until cauliflower is cooked and casserole is golden brown.

Cooking notes:

- Quiche can be refrigerated in a sealed container for 2 to 3 days.
- Broccoli can be used as a substitute for cauliflower.

Nutrition: Serving size: 1 slice. Serves 4. Calories: 203; Total Fat: 14 g; Saturated Fat: 6 g; Cholesterol: 282 mg; Sodium: 492 mg; Total Carbohydrate: 7 g; Dietary Fiber: 1 g; Sugars: 4 g; Protein: 13 g.

Recipe courtesy of eatright.org