

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You



How to Create Goals and Stick to Them

For many of us, the New Year is a time to start over and set goals: look better, feel better, have more energy or have more money. Most people who make a New Year's resolution abandon it by the end of January. If you're looking to 2019 as a chance to turn over a new leaf, implement a new habit or achieve a health goal, read on for ways to make this your best year yet!

Choose a goal that motivates you.

You'll be more likely to succeed if the goal has meaning to you and connects to important values in your life—especially to a role you play in the lives of those you love (e.g., parent, grandparent, children, caregiver).

Write your goals down where you can see them each day.

This daily reminder will help you achieve your goals.

Make an action plan. For example, set a calendar reminder that tells you to get up and move every hour.

Reward yourself when you're successful. Give yourself a pat on the back, or drop a quarter in a jar for each accomplishment and watch it add up!

Resources: MayoClinic.org; WebMD.com; www.nhlbi.nih.gov

Make it a SMART goal.

This means make sure your goal is:



Specific: Your goal has clearly defined action steps.



Measurable: You can see how you're moving closer to meeting the goal.



Achievable: You are capable of completing the action steps.



Realistic: You can accomplish the steps within your lifestyle constraints.



Time bound: You set the shortest time limits possible to accomplish the steps.

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6 Ways to Stay Healthy and Still Have Fun This Holiday Season

During the holidays, it can be harder to eat healthy and stick with your exercise routine. These six realistic tips will help you stay on track and avoid feeling deprived.

BE PICKY. Instead of trying one of everything at a party or family meal, take a smaller plate and get only your favorite treats. If it's a buffet, look at all the choices before taking anything.

BE MINDFUL. Our taste buds get used to a food's flavor after three bites. Chew slowly and really pay attention to the flavor and texture of the food. Then after three bites stop and taste a new treat.

BE PREPARED. Stock your pantry with healthy snacks, and bring them to work so you aren't as tempted by the office goodies in the breakroom.

BE FLEXIBLE. It's OK to break up your regular exercise routine

into 10- or 15-minute increments. Take a walk with family or friends after dinner, do some walking laps while you're out shopping or take a walk around the airport while you're waiting to board your plane. All these movements add up—just keep moving!

BE PLAYFUL. Get outside and play games with the kids in your life! Tag, hide and seek or kicking a soccer ball around can get your heart rate up.

BE POSITIVE. If you overindulge at a party, don't beat yourself up. Be aware of your negative self-talk and change the narrative. Remember, your next meal is new opportunity to make a healthy choice.

Resource: www.cdc.gov/



Sweet Potato and White Bean Soup

Ingredients:

- 1/4 cup water
- 2 pounds sweet potatoes, cut lengthwise into quarters
- 2 teaspoons butter
- 1 cup chopped red onion
- 1 tablespoon chopped fresh sage
- 5 garlic cloves, minced
- 2 cups unsalted chicken stock

- 1 cup canned unsalted cannellini beans, rinsed and drained
- 1 cup 2% reduced-fat milk
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper, divided
- 1 cup diced apple
- 1/4 cup plain 2% reduced-fat Greek yogurt

Directions

1. Place 1/4 cup water and potatoes in a microwave-safe 8-inch square baking dish. Cover with plastic wrap; pierce plastic 3 or 4 times with a fork. Microwave at high 15 minutes or until potatoes are very tender. Remove plastic wrap; cool.
2. Melt butter in a large pot or Dutch oven over medium heat. Add onion, sage, and garlic; cook 7 minutes or until tender, stirring occasionally. Add stock; bring to a simmer.
3. Remove potato skins; discard skins. Place potatoes, stock mixture, beans, milk, salt, and 1/4 teaspoon black pepper in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in lid; process until smooth. Return pureed soup to pan over medium heat; cook 4 to 5 minutes or until thoroughly heated.
4. Divide soup among 4 bowls; top each serving with 1/4 cup apple and 1 tablespoon yogurt. Sprinkle evenly with remaining 1/4 teaspoon pepper.

Recipe courtesy of CookingLight.com; for nutritional information [click here](#).

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