

PURSUIT

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Florida Blue 
BetterYou 

A monthly wellness newsletter from Better You

Make a Splash! Swim Your Way to All-Around Fitness



One of Florida's best features is its water. If you want to get into shape, swimming is

one of the best ways to do it. Swimming is good for people of all ages and requires little or no equipment.

If you don't know how to swim, check out your community pool or YMCA. They usually offer lessons for infants through adults. If you used to swim but haven't for a while, don't worry. It's a lot like riding a bike—it all comes back with the first splash.

Swimming can be fun, refreshing and good for your health. Because you're suspended in water, it's easy on your knees and hips. That's great for arthritis or painful joints. Swimming laps helps lower your blood pressure and heart rate, and helps prevent



hardening of the arteries that can happen as you get older.

When you're swimming, keep these tips in mind:

Safety first. Never swim alone. Learn and follow the rules where you swim.

For example, a red flag flying at the beach means the surf is rough and getting in the water is NOT recommended because of currents or riptides. Even most family pools have rules.

Pace yourself. Start slowly and build your workouts.

If you're at a group swim, let the coach or swim leader know that you're new. This way, they can give you pointers and keep an eye on you.

Breathe!

It may sound simple, but it'll probably take some time to build up your strength and endurance. If you get winded, try using a kick board for a few laps to bring your breathing back to normal. Or try a recovery stroke, like the breast stroke or back stroke, at a very slow pace.

So, what you waiting for? Jump in! Make a splash! The water is a refreshing way to get fit.

Sources:

clevelandclinic.org;
go4life.nia.nih.gov;
Active at any age: nih.gov

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Make a Splash!

Six Easy Steps to
Prevent Falls

Recipe of the Month

Six Easy Steps to Prevent Falls that Put Seniors at Risk

If you or someone you love is 65 or older, fall prevention should probably be on your radar screen. Every year about 25 percent of older Americans fall, putting them at risk for fractures and head injuries. Those injuries can reduce a senior's independence or send them to long-term care. They can even cause death.

Review medications with the primary care doctor.

- Some prescriptions have side effects like tiredness or dizziness that can cause a fall.
- Make sure to tell the doctor about any falls so they can suggest ways to prevent future falls.
- Certain eye and ear disorders can actually increase the risk of falls, so be sure to tell the doctor about any discomfort while walking.

Keep moving. Physical activity such as yoga, Tai chi and water workouts can help improve balance, flexibility, muscle strength and gait.

Wear comfortable and supportive shoes. Shoes that fit properly with nonskid soles are the best option. Avoid high heels, slick-soled shoes and flip-flops. They can be a fall waiting to happen.

Remove home hazards. Take a look around the home and see how you can make it safer. Secure loose rugs and electric cords, remove clutter and put nonslip mats in the bathtub or shower.

Light up the living space. Add extra lighting to dark rooms. Place a lamp within reach of the bed for those middle-of-the-night trips to the bathroom.

Use assistive devices. The doctor may recommend use of a cane or walker for better balance. Use it! Consider installing include a seat for the shower, hand rails for both sides of the stairs, grab bars in the shower or tub, and nonslip treads for bare-wood steps.

Source: webmd.com



Quick Lasagna from Your Electric Skillet

Ingredients:

- 1 pound lean ground beef (15% fat)
- 1 large onion, chopped
- 1 clove garlic, minced; or 1/4 teaspoon garlic powder
- 2 cups spaghetti sauce

- 4 tablespoons fresh parsley, or 4 teaspoons dried
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 pint (2 cups) low-fat cottage cheese
- 2/3 cup shredded mozzarella cheese
- 6 uncooked lasagna noodles
- 1/3 cup grated parmesan cheese

Directions

1. Cook ground beef over medium-high heat (350 degrees in an electric skillet) until it is no longer pink.
2. Drain fat, add onion and cook until onion is clear.
3. Add garlic, 1 cup of the spaghetti sauce and herbs; spread evenly in skillet.

4. Reduce heat to low (200 degrees in an electric skillet), spread cottage cheese over mixture and sprinkle with half of the mozzarella. Top with four noodles, breaking remaining two to fill in open spaces.

5. Pour remaining spaghetti sauce evenly over the top of noodles; gently press noodles down to moisten.

6. Cover and simmer 15 minutes until noodles are tender. Top with remaining cheeses, cover, and simmer 2 more minutes or until cheeses are melted.

7. Let stand, covered, about 10 minutes before serving. Refrigerate leftovers within 2 hours.

Recipe courtesy of www.mainesnap-ed.org; for nutritional information click [here](#).

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