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BLUE

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Rethinking Type 2 Diabetes

We tend to think of a person with type 2 diabetes as one who is older, sedentary, and overweight. In fact, type 2 diabetes (formerly referred to as adult-onset diabetes) has been diagnosed in children and non-overweight adults, as well. This disease no longer discriminates.

Type 2 diabetes has become one of the fastest growing diseases in the United States and the number one contributing factor is lifestyle.

The best defense against type 2 diabetes is a healthy, balanced diet of fruits, vegetables, and whole grains along with daily exercise.



healthy tip:

It is never too late — or too early — to begin an active, healthy lifestyle. For more information, go to cdc.gov/diabetes.



Get Fit – Take a Walk at Lunch on Wednesday, April 27

National Walk @ Lunch Day® is Wednesday, April 27. Why not join your co-workers for a 20- to 30-minute walk during lunch. Take a break from the work day to reenergize, refocus, and reflect while getting some physical activity.

Exercise doesn't need to be complicated to have an impact on your health. Walking is free, easy, and safe for almost everybody.

As you head out for your next lunchtime walk, keep in mind that regular walking helps:

- Lift your mood
- Maintain a healthy weight
- Prevent, as well as manage, health conditions such as heart disease and type 2 diabetes
- Improve circulation
- Improve muscle tone



healthy tip:

Organize a walking group at work to help improve workplace morale and health.



Live Fit – Go Green for Earth Day

healthy tip:

Visit earthday.org to learn about ways to celebrate Earth Day locally.



Celebrate Earth Day on April 22 with a few simple changes:

- **Go vegetarian once a week.** One less meat-based meal a week not only helps your diet, but also the planet. For each hamburger that originated from animals raised on rainforest land, approximately 55 square feet of forest have been destroyed.
- **Buy locally.** Purchase from local farmers or farmers' markets whenever possible. This not only supports your local economy, it also reduces the amount of greenhouse gas created when non-local products are flown or trucked in.
- **Rethink bottled water.** Plastic water bottles will take thousands of years to decompose and 90% of them are not even recycled. Spare your wallet and save the environment; buy a reusable bottle.

Eat Fit – Tips to Help Kick Bad Eating Habits

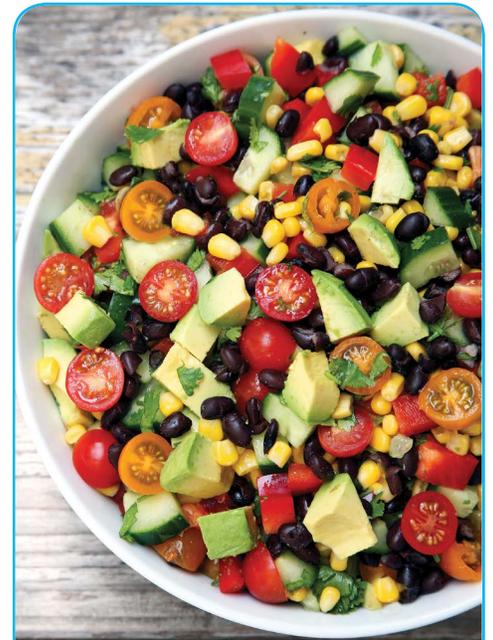
Do you ever feel like you are stuck in a nutrition rut? It happens to everyone from time to time.

Here are three tips to help get you back on track:

1. **Eat breakfast:** Breakfast provides your body with the fuel it needs to keep you energized throughout the day. Try to include a protein, whole grains, and a fruit or vegetable. A healthy breakfast not only helps keep you focused and active throughout the day, it also decreases your chances of making unhealthy choices later in the day.
2. **Pack a lunch:** Bringing lunch to work becomes a lot easier when you start planning ahead. Plan your meals on the weekend and stock up on healthy options. You'll save calories, time, and money.
3. **Eat more fruits and vegetables:** Fruits and vegetables add vitamins, minerals, and fiber to your diet. Try to incorporate one fruit or vegetable into each meal and snack throughout the day. For an added bonus, go for seasonal fruits and vegetables — they taste better and are often more affordable.

healthy tip:

Make meal planning a family affair.



Cucumber Corn Salad

Ingredients (makes 4 servings):

- 1 can of black beans, rinsed
- 1¼ cups of corn
- 1 red pepper, diced
- 1 cup cherry tomatoes
- ½ cup fresh cilantro, chopped
- 1 lime
- 1 avocado, diced
- Salt and pepper to taste, if desired

Preparation:

1. Place the cucumber, black beans, corn, red pepper, cherry tomatoes, and chopped cilantro in a bowl. Squeeze the fresh juice from the lime onto the salad. Stir well.
2. Mix in the avocado, season with salt and pepper, if desired.

Nutrition:

274 calories, 11 g fat, 10 g protein,
38 g carbohydrates, 12 g fiber

(Source: cookinglight.com)

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