



**Notes from Dr. K**

*Advice from Associate Medical Director, Dr. Kathleen Bowen*

**Spring is here!**

This issue features the WalkingWorks program and ChooseMyPlate — perfect topics for the season because we can get outdoors more often and fresh foods are available.

Exercise, when made a part of your daily routine, has an incredible impact on health and physical appearance. WalkingWorks is a great walking program that most people of any fitness level can do. Exercise has numerous benefits. It can:

- Help prevent Type 2 diabetes. Lifestyle modification is the number one recommended medical intervention.
- Improve mood. Exercise causes the release of powerful anti-stress hormones and feel-good hormones like endorphins and dopamine.
- Help prevent osteoporosis. Physical activity stops bone loss and increases bone density and strength.
- Maintain and improve heart function. The heart is a muscle — use exercise to strengthen it.

Exercise is only one piece of the total “I feel awesome” equation. Exercise lives in a partnership with nutrition. The **ChooseMyPlate.gov** site is a new way of looking at nutrition and eating for the health of it. On the site you can learn how to focus on fruits; vary your veggies; get your grains; go lean with protein; and dive into dairy and calcium-rich foods.

The transformation to a healthier lifestyle starts with knowledge and results in “awesomeness.” If you need a boost along the way, eat two squares of dark chocolate (It’s filled with antioxidants!) and step outside into spring — no prescription needed!



*Get Healthy • Live Healthy*

# Be Healthy

## Steps to a Healthier You

Simply said, walking really does work. It’s one of the safest and least expensive forms of physical activity and can be done almost anywhere. Regular walking can have a significant impact on your health. It is an activity most people can do.

Getting started is easy, maintaining the activity and making it a part of your life is the difficult part. The President’s Council on Physical Fitness and Sports recommends walking moderately at least 30 minutes a day, five or more days a week, building up to a goal of 10,000 steps daily. That is about 2 ½ hours a week.

There are many tools and resources at [www.behealthy.com](http://www.behealthy.com) and [www.walkingworks.com](http://www.walkingworks.com) to help you start a walking program. WalkingWorks® offers a fitness program tailored to fit different levels and lifestyles. Here are some tips to starting a program and being successful.

- Check with your doctor before beginning any type of physical activity program.
- Appropriate footwear is important. A reputable athletic shoe store will fit you for a shoe that meets your needs.
- Make a commitment. Set reasonable and specific goals.
- Use the WalkingWorks online tools to help you develop a program. Start out at a pace that is appropriate to your fitness level.
- Schedule the activity into your day and track your progress. The website has an online tracker and a printable tracker available.
- Consider walking with a friend and holding each other accountable to a regular schedule.



## Be Healthy Recipe

### Twenty Minute Chili

*Serving size: 4 servings. Preparation time: under 30 minutes.*



- No-stick cooking spray
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 15-ounce can pinto beans, drained and rinsed
- 1 14.5-ounce can Mexican-style stewed tomatoes, crushed
- 2 tablespoons chili powder
- 1 tablespoon chopped chipotle or jalapeño peppers (from a can), optional
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/8 teaspoon unsweetened cocoa
- 1 pinch cinnamon
- 1 16-ounce can yellow hominy, rinsed
- Lime wedges

**Nutritional information per serving:** 168 calories  
5.3g Fat                      28g Carbohydrate  
1.2g Saturated fat        2.3g Fiber  
4.0g Protein                71mg Sodium

Spray a large, heavy saucepan with cooking spray and set over medium heat. Add onions and cook, stirring, until soft, about 5 minutes. Add garlic and cook 1 minute longer. Stir in beans, tomatoes, chili powder, chipotles (if using), cumin, oregano, cocoa and cinnamon. Bring to a boil and reduce the heat to low. Simmer for 10 minutes to blend the flavors. Add hominy and cook until heated through. Ladle into bowls and garnish with cilantro or green onions. Serve with lime wedges.

*Source: Alere Healthy Living Kitchen*

## Did you know?

### 1 tablespoon



A thumb  
(from the  
knuckle)



**1/2 cup**  
A rounded  
handful



**1 teaspoon**  
The tip of  
the thumb



**2 to 3  
ounces**  
the palm of  
your hand

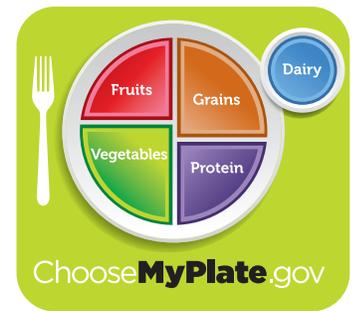


**1 cup**  
A tight fist

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## Choose MyPlate.gov

Last year, the federal government unveiled the new MyPlate icon with a focus on building a healthy plate by making wise nutritional choices. The primary message of the program is that fruits and vegetables should fill one half of your plate. The program also has a strong physical activity component and promotes finding balance between food and activity.



To help consumers make healthier food choices, a brightly colored symbol was developed. It has great appeal for the entire family and makes healthy eating simple to understand. All food groups are represented with guidelines for making healthy choices.



Visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for tools and resources to help you and your family build a healthy plate.

## Tips to help control your portions

- Learn to read food labels.
- Avoid buying supersized foods.
- Share a meal with a friend.
- Have your waiter half your entrée before you begin eating.
- Use a smaller plate.
- Avoid immediately going back for seconds.



## Find your balance between food and activity

- Build a healthy plate.
- Cut back on foods high in added sugars, fats and salt.
- Eat the right amount of calories for you.
- Be physically active your way. Aim for at least 30 minutes most days of the week.



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Recipes featured in this newsletter are provided by Alere Healthy Living Kitchen, an independent company.

Visit [www.behealthy.com](http://www.behealthy.com)  
for tools and information  
for a healthy lifestyle.