

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

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THIS EDITION FEATURES:

Choose Willingness

The Power of Purple

Meal Planning
Made Easy

Morning Moments

Managing Your
Seasonal Allergies

Shake Off the
Winter Slump

BROUGHT TO YOU BY


AmeriHealth
Administrators





CHOOSE WILLINGNESS

Life has a way of surprising us with changes, challenges, and moments of uncertainty. To be willing doesn't mean you have everything figured out or that you're free from fear. It means you're open to trying, learning, and stepping into the unknown.

An open mindset is a powerful ally. When you are willing to embrace change, you see opportunities instead of obstacles. It's all about taking that first step forward. For example, saying yes to a new work project or committing to a healthier habit might feel uncomfortable at first, but you are planting seeds of growth.

Willingness often starts with a shift in mindset. Instead of saying, "I can't do this," reframe it as, "I'll give it a try." The more you practice being willing — whether it's listening to feedback, learning a new skill, or letting go of things that no longer serve you — the more resilient and

empowered you become. Over time, those small acts of courage add up, building the confidence to propel you forward.

It's important to remember that embracing willingness doesn't mean expecting perfection. Some days will feel harder than others, and that's okay. Progress is made by showing up and trying again. To be willing might also mean asking for help or leaning on others for support. This openness builds connection and reminds you that growth doesn't have to happen alone.

Change is inevitable, but your response to it is a choice. Willingness transforms hesitation into momentum. Challenge yourself to approach life with a "why not?" attitude and watch the doors open to possibility!

Sources:
psychologytoday.com
talkspace.com

THE POWER OF PURPLE

Eating a variety of colorful foods is essential for good health, and purple foods are some of the most powerful. Their deep color comes from anthocyanins, which are antioxidants that offer numerous health benefits.

Here's why you should put more purple on your plate:

- **Brain boost.** Anthocyanins may improve memory and cognitive function, helping to protect against age-related decline.
- **Heart health.** Antioxidants help reduce inflammation, lower blood pressure, and support overall cardiovascular function.
- **Immune support.** Purple foods contain vitamins C and K, which strengthen the immune system and promote healing.
- **Digestive benefits.** Many purple foods, like purple cabbage and plums, are high in fiber, aiding digestion and gut health.
- **Disease prevention.** Studies suggest anthocyanins may reduce the risk of certain cancers and chronic diseases.

Easy ways to eat more purple foods include mixing blueberries in smoothies, roasting purple sweet potatoes, or adding purple cabbage to salads. Enjoy the healthy perks of purple!

Sources:
[usda.gov](https://www.usda.gov)
[verywellhealth.com](https://www.verywellhealth.com)



Meal Planning Made Easy

Meal planning is a simple yet powerful way to save time, reduce stress, and maintain a healthy lifestyle. By dedicating time each week to planning your meals, you can make healthier food choices, reduce the temptation for expensive takeout, and minimize food waste. It's also an excellent way to ensure balanced nutrition and portion control. Whether you're aiming to eat more vegetables, reduce sugar, or stick to a budget, meal planning can help.

To get started, assess your week. Identify days when you'll be busy and plan quick, easy meals for those times. Think about batch-cooking staples like grains, roasted vegetables, or lean proteins in advance and freezing them. Then, you can thaw them out as you need them. Write a grocery list based on your plan, focusing on whole, nutrient-dense foods.

If planning a week of dinners sounds too challenging, start by planning a week of lunches. As you get more comfortable with the process, move up to dinner planning.

The beauty of meal planning is its flexibility. It can be adjusted to fit your lifestyle, dietary needs, and even preferences. With a little practice, it becomes a habit that simplifies your life, saves money, and boosts your health.

Sources:
[mayoclinic.org](https://www.mayoclinic.org)
[myplate.gov](https://www.myplate.gov)



RECIPE

Dairy-Free Pasta Alfredo

Pasta

8 oz pasta (your choice, cooked)

Sauce

2 - 3 tablespoons lemon juice

1 large garlic clove, peeled

2 tablespoons nutritional yeast

1 large, ripe avocado, peeled and pitted

1 handful of baby spinach

1 teaspoon olive oil

½ teaspoon dried basil and oregano
or Italian seasoning

Salt and pepper to taste

Directions

1. Cook pasta according to package directions. Save 1/4 cup of pasta water.
2. Add all sauce ingredients into a blender and blend until smooth. Add pasta water as needed to achieve desired consistency.
3. Mix sauce with cooked pasta. Serve and enjoy!

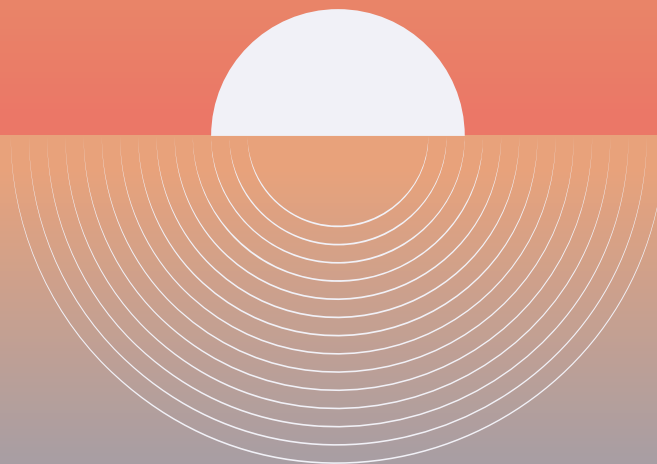
MORNING MOMENTS

A mindful morning routine can boost productivity, energy, and happiness. Try these simple steps to start off your day right:

- **Wake up consistently.** Set a regular wake-up time to help your body find its natural rhythm.
- **Stretch.** Start with gentle stretches or deep breaths to awaken your body and mind.
- **Hydrate.** Drink a glass of water to rehydrate after sleep.
- **Eat a nourishing meal.** Choose whole grains, fruits, and proteins to help you feel full throughout the day.
- **Journal, meditate, or affirm.** Spend a few minutes setting an intention for the day ahead.

Avoid digital distractions as much as possible during your morning routine. This is your time to peacefully launch your day with joy and purpose.

Sources:
eugenetherapy.com
mindful.org





MANAGING YOUR SEASONAL ALLERGIES

Are your itchy eyes and runny nose interrupting your spring fun? Here are some tips to keep your allergy symptoms under control:

- **Cut back on sticky hair products.** Gels and sprays can trap pollen, making your symptoms worse throughout the day.
- **Use eucalyptus oil.** Eucalyptus oil opens lungs and clears sinuses to relieve allergy symptoms. Use it in spray form to spritz around your room or add a few drops of oil to a diffuser.
- **Add a dose of vitamin C.** Boost your immune system with vitamin C. Squeeze some fresh lemon juice in your water or add oranges to your salad.
- **Shower at night, not just in the morning.** A quick rinse can remove the pollen you've picked up during the day.
- **Try a sinus rinse.** A simple nasal saline wash can quickly loosen mucus, clear sinuses, and eliminate allergens.

Sources:
dedicated.care
hackensackmeridianhealth.org
teladoc.com

A photograph of three people (a man and two women) smiling and laughing outdoors at sunset. The man is on the left, wearing a maroon shirt. The woman in the center is wearing a light purple top. The woman on the right is wearing a light green top. The background shows a hilly landscape under a warm, golden sky.

SHAKE OFF THE WINTER SLUMP

Healthy habits tend to take a rest during the winter months. Spring is the perfect time to wake up those habits from hibernation. Take advantage of the warmer weather and get back into your favorite outdoor exercise routine with these tips:

- **Pace yourself.** If you've been less active during the winter, avoid jumping back into anything too rigorous that may lead to injury. If you enjoy running, start with shorter distances. Prefer riding your bike? Start with a leisurely ride around your neighborhood. Always stretch and warm up before starting any physical activity.
- **Make it fun!** Explore a new nature trail or park. Try joining a recreational team or group on social media. You'll get some healthy face-to-face time with others as well as accountability buddies to keep you motivated.
- **Move more often.** Short walks in the morning and evening can be a great way to increase your energy and stamina. Any movements throughout the day, like throwing a frisbee or playing pick-up soccer with your kids, is beneficial.

Sources:
hawaii.pacifichealth.org
summithealth.com
ukhealthcare.uky.edu

MONTHLY QUIZ

1. Which of the following is a step towards willingness?

- A. Avoiding challenges
- B. Embracing your comfort zone
- C. Saying yes to new experiences
- D. Overthinking options

2. Which of the following essential oils opens the lungs and sinuses?

- A. Lavender
- B. Eucalyptus
- C. Peppermint
- D. Frankincense

3. If you haven't exercised in a while, which of the following should you avoid before a workout?

- A. Hydrating
- B. Taking it slow
- C. Stretching
- D. Jumping right in

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1. C, 2. B, 3. D

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