Take steps toward feeling your best while improving your health and wellness. Set daily goals, track progress, read articles, and find out more information by visiting us online at www.magellanhealth.com/member.

QUOTE OF THE MONTH

“The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart.”

- HELEN KELLER

Embracing Lifelong Wellness

Take steps toward feeling your best while improving your health and wellness. Set daily goals, track progress, read articles, and find out more information by visiting us online at www.magellanhealth.com/member.

FEATURED ARTICLE

Quick Tips for a Heart-Friendly Diet

Try these simple tips to help improve your diet—and your heart health.

Learn more on page 2>

FEATURED ACTIVITY

A Gift from the Heart: Log 12 Times

Give someone two minutes of focused attention.

Read more on page 4>

FEATURED LIVE WEBINARS

February Live Webinars

CaféWell coaching webinars offer great ways to stay happy and healthy all month long.

Learn more on page 5>
Quick Tips for a Heart-Friendly Diet

Making your diet more heart-smart doesn’t have to mean a complete overhaul. Start with these simple steps.

Go bananas. One medium banana has 422 mg of potassium—about 12 percent of your recommended daily dose. Research suggests that diets rich in potassium can help lower blood pressure. Managing your blood pressure is important for heart health because, over time, high blood pressure can permanently damage your arteries and heart and increase your risk of heart failure. Other good sources of potassium include sweet potatoes (542 mg for one medium), nonfat yogurt (625 mg for 1 cup) and spinach (419 mg for ½ cup, cooked).

Adopt an avocado habit. Studies suggest that replacing saturated fats (e.g., butter) with monounsaturated fats may help lower blood cholesterol. (High cholesterol is linked with heart disease.) One simple solution: Swap in avocado. Spread it on your toast instead of butter; slice it up for a sandwich or a salad instead of cheese; mash it into guacamole for your burrito and skip the sour cream.

Shell out for nuts. Nuts and seeds tend to be very high in fat and calories, but generally most of the fat in nuts is the heart-healthy (unsaturated) kind. With all nuts, remember to be mindful of portion sizes so you don’t go overboard on calories: keep your serving to a small handful (about 1 ounce) or 2 tablespoons of nut butters (the size of your thumb).
Use Daily Values to guide your choices. Use the percent of daily value (DV) information on a product’s Nutrition Facts label to help you decide if the food is a smart choice from a saturated-fat perspective. Consider 5 percent or less of the DV for saturated fat as a good choice. Consider 20 percent DV or more as high—and try to limit foods with this amount of saturated fat.

Designate Fish Fridays (or Mondays or Tuesdays). Fish—especially “oily” kinds, such as salmon—are rich in heart-healthy omega-3 fats—which is why nutrition experts recommend eating at least two servings a week. To help make sure you fit them in, try designating one night a week as fish night. Once you have that routine in place, get creative. Try maple-glazed salmon one week, tilapia fish tacos the next.

Be a sodium sleuth. When you’re shopping, look at the Nutrition Facts labels to compare sodium content for similar foods, and try to choose options with lower sodium. For example, the sodium content for a slice of frozen pizza can range from around 300 mg to more than 1,500 mg. Watch out for high-sodium foods when dining out, too. Sneaky sodium sources include anything that’s pickled, smoked or served in a broth or “au jus.” Cocktail, soy and teriyaki sauces also are packed with sodium.

Mix it up with whole grains. Whole grains have more fiber and nutrients than refined carbohydrates and fitting them in is a matter of easy substitutions. Make buckwheat pancakes instead of straight-up buttermilk ones. Serve stir-fry over bulgur instead of white rice. Substitute millet for rice in curry dishes.
A Gift from the Heart: Log 12 Times

You have 28 days from when you join this program to log 12 times you’ve given someone two minutes of your undivided attention.

Giving your undivided, focused attention to someone:

• Improves the quality of your relationship. You gain more insight and empathy as you focus on the other person.

• Decreases stress levels for both you and the recipient. Studies show increases in stress levels when people try to multitask.

• Is the very best gift. It’s free, fits all sizes, is appropriate for anyone regardless of age, gender, or ethnicity, and is likely to be valued, remembered, and reciprocated.

Find a quiet place, turn off any electronic devices, let the other person do the talking, and simply focus all your uninterrupted attention on another person for a full two minutes. Log that you’ve done this 12 times to successfully complete this challenge. 😊
FEATURED LIVE WEBINARS

Get your heart pumping this month with live video webinars featuring the expert coaches at CaféWell. In addition to the topics on the right, you can join Coach Doris to learn about strength training for older adults, Coach Karrie for a delicious and healthy slow-cooker dinner recipe, or Coach Lauren for five tips to build strong and lasting relationships. Check out the upcoming webinar schedule on CaféWell and pick the sessions that are best for you! 🌟

CaféWell coaching webinars help you stay happy and healthy all month long.

Webinar topics include:

- Interval Training for a Strong Heart
- Stress and Heart Health
- Heart Palpitations

Reserve your space now at www.magellanhealth.com/member.