



# Essential Ingredients Your monthly Anthem wellness newsletter

## Keep your Winter Season Active

Why should you exercise outdoors this winter? Here are some tips and reasons for you to go outside now!

- Burn more calories: your body burns more calories outside while regulating your temperature versus inside
- Feel invigorated and take advantage of daylight hours
- Avoid gym germs, enjoy fresh air and beautiful scenery
- Warm up inside first with some jumping jacks or jogging in place so when you step out, you're already warm



- Layer up! Wear light, warm layers you can remove as needed, add hats, mittens, and scarves or facemasks
- The shorter days of winter can be challenging, do not be too critical of yourself if you miss a workout

## Stay Safe this Winter!

The Centers for Disease Control and Prevention (CDC) recommends tips for keeping yourself safe while enjoying the season by being prepared:

- Keep your emergency kit with you and fully stocked
- Enjoy outdoor recreation with a buddy
- Carry a cell phone
- Prep your car with an emergency kit! – keep a full tank of gas, blankets, first aid kit, food, water, booster cables, and flash lights
- Stock food that requires no prepping or cooking
- Wear appropriate clothing outdoors

## Are you ready to Quit Smoking?



If you are considering quitting smoking, the Center for Disease Control and Prevention (CDC) has provided a list of tools proven to be effective for smokers who want help quitting:

- Individual, group, or telephone counseling
- Brief clinical interventions (i.e., a doctor takes 10 minutes or less to deliver advice and assistance about quitting)
- Behavioral therapies (e.g., training in problem solving), and one on one counseling sessions
- Treatment programs using mobile phones

Medications for quitting that have been found to be effective include the following:

- Nicotine replacement products: nicotine patch, gum, inhaler, nasal spray, lozenge.
- Prescriptions: Zyban, Chantix

## You Can QUIT!

Quitting smoking is hard and may require several attempts, according to the CDC. Reflect on what have you learned from past attempts. What barriers did you face? Why did you start smoking again? Preparing for these same obstacles may help you be more successful with future attempts. When you're ready to try quitting, the following tips can help you stick with it:

- **Avoid your triggers.** Change your routine to avoid doing things you associate with smoking. If you're used to smoking while watching TV, pull the plug and do something else. Do you like a cigarette with your morning coffee? Have tea instead. Steer clear of anything that could trigger a cigarette craving.
- **Make a list.** Everyone has good reasons to quit smoking. Write yours down and keep it on you at all times. When you have a craving, read your list and think of all the reasons why you shouldn't smoke.
- **Take a walk.** Even if it's just for five or 10 minutes, a brisk walk could get you through your craving. It also can triple the amount of time before the next one hits.
- **Go where you can't smoke.** Smoking can be pretty tempting when it's accessible. You'll find plenty of distractions at your local library, museum or mall.
- **Be honest with yourself.** There's no such thing as "just one" puff or cigarette. Stay strong, and remember that the craving will go away. You have a lot to gain by giving up smoking.

**Looking for more information? Check out these free quit resources:**

- [Smokefree.gov](http://Smokefree.gov)
- [Heart.org](http://Heart.org)
- [Cancer.org](http://Cancer.org)
- [Ucanquit2.org](http://Ucanquit2.org)

## Is your Resolution SMART?

Happy New Year! Have you made a resolution? If you need ideas to get started, here are some questions to get you thinking:

Ask yourself the following question in order:

1. What was my biggest accomplishment in 2015?
2. What was my biggest disappointment in 2015?
3. What do I want my biggest achievement of 2016 to be?
4. What am I willing to do to make it happen?

If you found this helpful, you're already on your way to a powerful 2016.

Next, think about the things that are really important to you, and what you want to achieve with your life. Keep your resolution on track by making them SMART! The acronym stands for: specific, measurable, attainable, realistic, and timely. For example: I will walk the dog for thirty minutes four days per week each week in January.

- ✓ **Specific (provide details on your goal)**
- ✓ **Measurable (how will you measure success?)**
- ✓ **Attainable and Realistic (be realistic concerning time and ability)**
- ✓ **Timely (how long)**



## Tips to make 2016 Healthier... Right Now!

Take these ideas into consideration for a healthier year:

- Get up! Take a break every hour to move around.
- Wash your hands.
- Choose healthy hydration: more water, less sugary drinks.
- Eat mindfully all day long – opt for several smaller, healthier meals.
- Schedule your preventive care visits for 2016.
- No time for 30 minutes of exercise? Add it up by doing three ten minute bouts by the end of the day for the same benefit.
- Do not ignore your mental wellness: recognize and address: stress, fatigue, and mood

## Looking for a Primary Care Doctor?

If you're a member, go to [anthem.com](http://anthem.com) and login (or use your ID number or the first three letters to search without logging in) under Useful Tools on the right, select Find a Doctor.

If you're not a member yet, go to [anthem.com](http://anthem.com) and under Useful Tools on the right, select *Find a Doctor*.

Want to learn more about the site? Visit [anthem.com](http://anthem.com) and click on Guided Tour in the Member Log In box.

## Healthy Recipe of the Month



### Chicken and Spiced Apples Recipe

**Makes:** 6 servings

**Active Time:** 20 minutes

**Total Time:** 20 minutes

#### Ingredients:

2 apples, preferably Braeburn, peeled and thinly sliced

1 tablespoon lemon juice

¼ teaspoon ground cinnamon

3 teaspoons extra-virgin olive oil, divided

3 teaspoons unsalted butter, divided

1 1/8 teaspoons Herbes de Provence, divided

½ teaspoon salt

¼ teaspoon freshly ground pepper

1 ½ pounds boneless, skinless chicken breasts, trimmed

1 cup reduced-sodium chicken broth

1 teaspoon freshly grated lemon zest

#### Ingredient note:

Herbes de Provence is a mixture of dried herbs commonly used in the south of France. You can find commercial mixtures in specialty stores, but it is easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, rosemary, oregano, marjoram and savory in a small jar. If desired, add a pinch of dried lavender and crushed anise seed.

#### Preparation:

- Toss apple slices with lemon juice and cinnamon in a small bowl. Heat 1 teaspoon oil and 1 teaspoon butter in a medium nonstick skillet over medium-high heat. Add the apples and cook, stirring occasionally, until tender, about 5 minutes. Keep warm.
- Mix 1 teaspoon Herbes de Provence, salt and pepper. Place chicken between sheets of plastic wrap and pound with a meat mallet or the bottom of a small saucepan to a 1/2-inch thickness. Sprinkle the chicken on both sides with the seasoning mixture.
- Heat 1 teaspoon oil and 1 teaspoon butter in a large skillet over high heat. Add half the chicken and cook until no longer pink in the center, 2 to 3 minutes per side. Remove to a platter and keep warm. Add the remaining 1 teaspoon oil and 1 teaspoon butter to the pan; heat over high heat. Cook the remaining chicken in the same manner.
- Add broth, lemon zest, the remaining 1/8 teaspoon Herbes and any accumulated juices from the chicken to the pan. Cook, stirring to scrape up any browned bits, until slightly reduced, about 3 minutes. Spoon the sauce over the chicken and serve with the sautéed apples.

#### Nutrition Facts:

**Per serving:** 191 calories; 6 g fat (2 g sat, 2 g mono); 72 mg cholesterol; 6 g carbohydrates; 0 g added sugars; 27 g protein; 1 g fiber; 292 mg sodium; 342 mg potassium.

**Carbohydrate Servings:** ½

**Exchanges:** 1/2 fruit, 3 1/2 lean meat, 1 fat

**For more healthy recipes, check out [eatingwell.com](http://eatingwell.com)**

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