

# A HEALTHY WAY OF LIVING

Living the **HEAL** Way is more than eating right and being physically active. Maintaining a healthy lifestyle also includes keeping a positive attitude, prioritizing mental health, and building a healthy community.

## The “L” in HEAL = LIVING

Apply the **HEAL** lifestyle to improve the overall health of your entire family.

### IT’S BETTER LIVING HEALTHIER TOGETHER

The benefits of friends and family working together to live the **HEAL** Way:

- Living life is more enjoyable with others.
- Sticking with healthy habits is easier with accountability partners.
- Showing up is easier when someone is meeting you.
- Sharing similar goals with friends makes sticking with them easier.
- Receiving encouragement when you’re having a bad day is priceless.
- Celebrating wins with family and friends keeps motivation high.
- Being more adventurous is easier with others.



### POSITIVE LIVING

Maintaining a positive attitude can benefit your health. Positive thinking has been shown to increase life span, decrease depression, lower rates of distress, increase resistance to the common cold, and improve physical well-being.

- Engage in family activities.
- Be active with friends.
- Try new things.
- Remind yourself to focus on the good.
- Do something nice for someone.
- Focus on the present moment.
- Surround yourself with positive people.





### MENTAL HEALTH

Healthy living can improve mental health by decreasing stress, depression, and anxiety. Physical activity improves sleep, brain power, self-esteem, and confidence. Try new activities to improve your mental health, like reading a book outside, learning how to hula hoop, or gardening. Sugary foods can lead to mood disorders such as anxiety and depression. To eat well for mental health, focus on fruits, vegetables, and foods rich in essential fatty acids, such as salmon. Nuts, seeds, and legumes like beans and lentils are also excellent brain foods.



# HEAL DECEMBER 2023

PRIORITIZE MENTAL HEALTH. • **HEAL** Heroes inspire others by building healthy communities.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hosting a Gathering? Enjoy activities such as bowling, charades, dance contests, or karaoke.		Healthy and Active Families: Create a jump rope routine using an imaginary rope. Do it for 2 minutes; add music for extra fun.	DECEMBER IS ROOT VEGETABLE MONTH		EAT A RED APPLE DAY: Celebrate one of the healthiest fruits in nature’s pantry. Eat a red apple today.	IN SEASON: Root vegetables such as beets, potatoes, and carrots are fiber filled and great when roasted.
Schedule one week of healthy meals at a time. Use a calendar to visualize and organize.	Plan some meals around a main vegetable dish such as soup, stir fry, or veggie pizza.		BODY BENEFIT: Carrots and sweet potatoes are root vegetables high in vitamin C, vitamin A, and fiber.	Encourage family members to avoid snacks high in sugar or saturated fats by reading the labels.	Plan activities for the weekend for everyone to get 30 to 60 minutes of physical activity	BUNDLE UP: Even if it is cold, enjoy some fun at the playground or in the backyard.
Optimize your time: Double your recipe and eat one meal now and freeze the other for later.	CELEBRATE INTERNATIONAL MOUNTAIN DAY by taking the stairs or doing “mountain climbers.”	Cranberries are in season and are a great source of vitamins and antioxidants.		Brainstorm healthy swaps for everyday snacks.		Limit screen time and encourage family physical-fitness time.
Healthy Habits for Healthy Living	REST Keep your bedtime routine device free, and give your brain some downtime.	STAY HYDRATED Did you know that every cell, tissue, and organ in our bodies needs water?	EAT BREAKFAST Starting your day with foods high in fiber and protein keeps you feeling full and energized.	STAY ACTIVE Individuals who are physically active tend to live longer, healthier, and happier lives.	READ LABELS Read the Nutrition Facts Label on foods to find key nutrients to support optimal health.	
Create new traditions that revolve around physical activity rather than food.	Merry Christmas		JOKE: What is a table you can eat at? A Vegetable	Stuck inside? Create an indoor obstacle course with items around the house.		Make time for family dinners and share about your day
Reflect on the past year and plan for the next						

## HEARTY SWEET POTATO AND LENTIL SOUP

This easy lentil soup is packed with flavor, protein, and nutrients. It also freezes beautifully.

- Serves 8
- Ingredients:
- 2 tbsp olive oil
  - 1 medium onion, chopped
  - 3 cloves garlic, minced
  - 4 medium carrots, chopped
  - 4 celery ribs, chopped
  - 2 medium (about 3 cups) sweet potatoes, chopped
  - 14 oz low-sodium-diced tomatoes
  - 2 cups dry green or brown lentils
  - 32 oz low-sodium vegetable or chicken broth
  - 2 cups water
  - Salt to taste
  - 1 tsp black pepper
  - 2 tsp ground cumin
  - 1 tbsp turmeric
  - 1 tsp smoked paprika
  - ¼ tsp red pepper flakes (optional)
  - 3 cups baby spinach, sliced into ribbons
  - 1 lemon, juiced
  - 1 dollop of plain greek yogurt (optional)

Instructions:

1) Heat the olive oil in a large pot over medium heat. Add the onions, garlic, carrots, celery, and sweet potatoes. Cook, stirring frequently for about 4-5 minutes.

2) Now add the can of tomatoes (with juice), lentils, vegetable broth, water, salt to taste, black pepper, cumin, turmeric, paprika, and red pepper flakes if desired. Stir.

3) Bring to a boil, then lower heat to a simmer and cook covered for about 30 minutes, until the lentils are tender and the soup has thickened. For a creamy texture, add 1-2 cups of soup to a blender or food processor, blend until smooth and then return to the pot.

4) Stir in the spinach and lemon juice. Serve with a dollop of plain low-fat Greek yogurt to serve.

