

# Wellness News

February 2024

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“Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal.—Simone Biles



**Anthem members:** You can view and manage your benefits, access wellness tools and resources to improve your overall wellbeing. Simply scan this QR code with your smartphone's camera to download the Sydney Health app.

*Tip: Anthem.com and Sydney Health use the same username and password!*



## Body Positive – learning what healthy means for you

Body positive is a movement that promotes acceptance of all bodies, regardless of size, shape, skin tone, gender, and physical abilities. It encourages a positive body image that's based on treating yourself and your body with respect and appreciation. Building body acceptance is vital because having a negative body image can lead to eating disorders, mental health conditions, performance-enhancing substance use, and depression or suicide.

## Learning to love the body you're

### How to build a positive body image

Most people don't love all their body all the time, but it is possible to like and appreciate your body more.

- **Practice gratitude.** Be thankful for all your body does for you every day.
- **Scrub your social media feed.** If certain apps or people make you feel bad, remove or unfollow them.
- **Surround yourself with positive people.** They'll support and love you for who you are, not how you look.
- **Give yourself encouragement.** Post inspiring quotes on your mirror or repeat a positive saying each morning.
- **Focus on yourself as a whole person.** Make a list of all you do for family, friends, and your community.
- **Shift your energy when you're feeling bad.** Go for a walk, write in a journal, or meditate.



**Anthem members:** Be sure to check out ways to sync your fitness devices and trackers on the Sydney app

# Move Your Way

## Find healthy habits that work for you. It all adds up!

The *Move Your Way* national campaign emphasizes personalized, practical strategies that people can use to fit activity into their busy lives

**Move more.** Adults need at least 150 – 300 minutes moderate intensity aerobic activity each week. PLUS — muscle strengthening activities on 2 days each week

**Move purposefully.** When we move more, we have better cardiovascular health, we are stronger and less susceptible to disease, and we feel better.

**Move for fun.** All physical activity, every step, adds up. So, do things that are fun for YOU! Dancing, chores, hiking, swimming, playing with your pets, trying something new like pickleball or chair yoga.

**Move with others.** There will be times you want to do things on your own. Other times, you may want (or need) someone else to "bust a move" with you. Find others who want to be active and stay active and schedule times to do it together.



## 8 Body Positive Ways to Boost Your Health

- 1. Explore intuitive eating** – This practice is a well-developed method incorporating 10 principles to help people make peace with food and reconnect to their body's wisdom around what, when, and how much to eat.
- 2. Rediscover the joy in movement** – When you were a child, you moved for pleasure, and nothing else. Take stock of your current joyful movement practice. Do you have one? What can you do to make your movement more about joy and less about obligation?
- 3. Educate yourself on Health At Every Size** – Health at Every Size® principles help us advance social justice, create an inclusive and respectful community, and support people of all sizes to find compassionate ways to take care of themselves.
- 4. Commit to regular inspiration by subscribing to Body Positive podcasts & carving out time to listen** – There are many podcasts on Body Positivity to provide you with motivation, support, and additional helpful resources.
- 5. Toss out your scale and find alternative ways to measure your health goals** – Create your own guide to help you stay connected and in touch with the state of your health. Identify things important to you and keep track of their progress.
- 6. Pursue alternative options for addressing body pains and disease** – For minor aches and pains, it is ok to explore options for treatment (that don't include weight loss) such as acupuncture, meditation, physical therapy, and massage.
- 7. Find ways to prioritize mental health** – Online or in person support groups, therapy, meditation, and creative expression are ideas you can nurture and address your mental health.
- 8. Sign up for a course** – There are so many courses, on-line or in-person, available to learn or try something new. Or to expand your knowledge and skills on something you're already pursuing.



# American Heart Month

Your heart works hard for your body every second of the day and keeping it healthy is an important part of your whole health. Even though heart disease doesn't always show physical signs until it causes a bigger issue, such as heart attack or stroke, the body has other ways of telling us when something's not right.

That's why it's so important to make sure you and your doctor regularly check these four measurements:

1. Cholesterol
2. Blood pressure
3. Blood sugar
4. Body mass index

Learn what each measurement means, how often it should be checked, and how to keep it in a heart-healthy range.



## *Did you know?*

Most medical plans cover an annual wellness exam at no cost to you. You can even have one of these visits with a primary care physician directly on the Sydney Health mobile app whenever and wherever it is convenient for you. Visit the Virtual Care section on Sydney to chose a provider.



## Knowledge is power

It's hard to make healthy changes if you don't know you need to make them in the first place. Start by scheduling an annual physical. If you need help finding a doctor, Anthem's [Find Care](#) feature can help.

Everyone, please listen to this Healthy You Podcast!  
Listen to Anthem Medical Directors: How to Improve your heart health



[Heart Health Healthy YOU Podcast](#)



**Click to listen!**

Sources:  
Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov). American Heart Association: [heart.org](https://www.heart.org). National Heart, Lung, and Blood Institute: [nhlbi.nih.gov](https://www.nhlbi.nih.gov). Mayo Clinic: [mayoclinic.org](https://www.mayoclinic.org).

**Anthem members:** Managing chronic conditions such as coronary heart disease and heart failure require extra care and attention. To help you be your best, the **Condition Care** program offers free resources and access to nurses 24/7 to address your questions or concerns. Call the number on the back of your ID card to enroll.



# Whole Wheat Sausage & Veggie Pasta

This \$10 healthy pasta dish will quickly become a fan favorite!  
It comes together in less than 30 minutes and is extremely budget friendly!

## Ingredients

- 1 lb cooked whole wheat penne pasta
- 12-14 oz smoked sausage, sliced
- 2 tablespoons olive oil
- 12oz pack frozen mixed vegetables
- 1 onion, sliced
- ¼ cup low sodium soy sauce
- 1 tablespoon garlic powder
- Salt/pepper to taste

## Directions

- In a large skillet on medium heat, add in oil and cook smoked sausage until brown on both sides.
- Remove smoked sausage from the skillet and add in the onions and frozen vegetables. Cook until veggies are soft and tender. Add in the soy sauce and season with garlic powder and salt/pepper to taste.
- Toss in the smoked sausage and pasta and add in ¼ cup of water if needed to loosen up the pasta.
- Serve warm and enjoy!

Serves 4

