

there's **support** in

# BlueShield



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## Healthy Kids Learn Better

April 19-25 is *Every Kid Healthy™ Week*, which celebrates the great job schools are doing to help improve the health and wellness of students.

Research indicates there is a link between nutrition, physical activity, and learning. An article in the *American School Board Journal* states eating breakfast is related to improved performance on standardized tests and improved student attendance.

Keep your family healthy:

- Start each morning with a healthy breakfast like eggs, oatmeal (topped with fruit or nuts), yogurt, and/or a whole grain English muffin with cheese and/or peanut butter.
- Plan meals to include vegetables and fruit. Aim for at least two servings of fruit and three servings of vegetables per day for children.
- Stay hydrated. Encourage drinking water and low or non-fat milk.
- Remind your kids to eat slowly; explain that it takes twenty minutes for your brain to realize you are full.
- Let the kids help to plan one meal a week to learn about healthy eating and nutrition.
- Eat dinner together as a family as often as possible.

## Get Fit – Take a walk at lunch

National Walk@Lunch Day® is Wednesday, April 29. Join your co-workers for a 20 to 30 minute walk during lunch. Take a break from the busy work day, refocus, and get some physical activity. When performed at the correct intensity, walking can be one of the best forms of exercise.

Regular walking helps:

- Decrease the risk of heart attack and type-2 diabetes
- Maintain a healthy weight
- Improve muscle tone
- Reduce stress
- Improve balance and coordination

### Did you know?

Walking is the most popular aerobic activity.

### Do one thing.

Spring into action – spend half of your lunch break walking.



### Did you know?

Children learn behaviors from day-to-day living at home and at school.

### Do one thing.

Keep a variety of healthy snacks in the house such as fresh fruit, vegetables, hummus, whole-grain cereals, rice cakes, granola, and crackers.

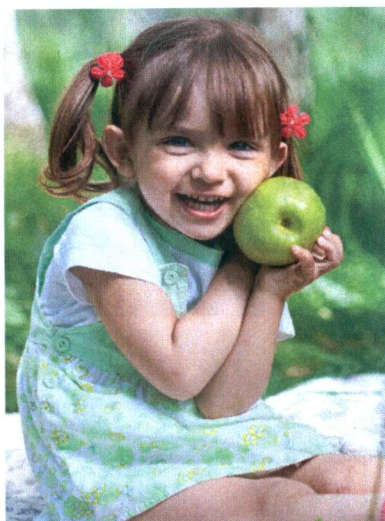


## Eat Fit – Go Green for Earth Day

Being eco-friendly is a growing concern, especially when it comes to nutrition.

This Earth Day, why not turn over a new leaf and:

- Buy organic: organic foods can reduce carbon dioxide by up to 68%
- Buy local: purchasing local produce helps cut down the miles that food travels from farms to your home, save on gas and carbon emitted into the air, and helps you support local small farms built on sustainable agriculture techniques
- Grow your own: create a home garden! You can start with a pot of herbs or leafy greens. Growing your own produce will save you time, money, and travel back and forth to the store.



Fresh foods are healthier and you'll help reduce the amount of plastic and paper that ends up in landfills.

### Did you know?

Processed foods contain fillers, preservatives, and other unhealthy ingredients.

### Do one thing.

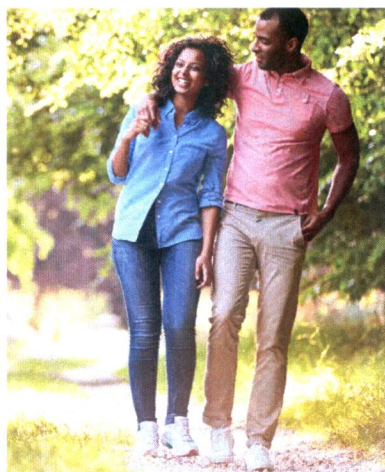
Limit processed foods.

## Live Fit – Laughter is good for your health

Laughter provides physical, emotional, and social benefits for both mind and body.

Bring humor into each day:

- Laugh at yourself
- Spend time with fun, positive people
- Insert humor into conversations
- Surround yourself with reminders to lighten up the day (e.g., a funny poster, or photos of your friends and family)
- Make a list of positive thoughts
- Smile



### Did you know?

Laughing with others can be more beneficial than laughing alone. Humor helps strengthen relationships and form positive bonds with others.

### Do one thing.

Create opportunities to laugh each day: share a funny joke or story, play with a pet, read the funny pages, or do something silly.

## Banana-Almond Butter French Toast Sandwiches



### Ingredients (makes 4 servings; serving size 1/2 sandwich):

- 2 large eggs
- 1/4 cup unsweetened almond milk
- 2 teaspoons vanilla extract
- 1/4 teaspoon ground cinnamon
- 2 tablespoons almond butter
- 4 teaspoons maple syrup
- 1 banana, cut lengthwise into 4 thin slices
- 4 (1.5-ounce) slices multigrain bread
- Cooking spray

### Preparation:

1. Crack eggs into a shallow bowl. Add almond milk, vanilla extract, and cinnamon; stir with a whisk to combine.
2. Combine the almond butter and maple syrup in a small bowl. Spread the almond butter mixture evenly across two slices of bread, top with the banana slices, then cover with the two remaining slices of bread.
3. Heat a Panini press to 425° high heat or heat a frying pan over medium heat. Dip sandwiches in egg mixture, let excess drip off. Lightly coat grill plates of the press or frying pan with cooking spray. Arrange the sandwiches on the press and close, pushing down gently to flatten. Cook for three to four minutes or until browned on the outside and hot in the center. If using a frying pan, press on the sandwiches with a spatula until lightly browned, then turn sandwiches over and cook until lightly browned.
4. Place sandwiches on cutting board; cut in half diagonally. Serve hot.

### Nutrition:

228 calories, 8.3g fat, 9g protein, 33 g carbohydrates, 6g fiber

Source: **Cooking Light.** [Myrecipes.com/m/recipe/banana-almond-french-toast](http://Myrecipes.com/m/recipe/banana-almond-french-toast).

