



THRIVE SBY

# CITY OF SALISBURY

THRIVE Committee

## Newsletter



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## ***FEBRUARY IS AMERICAN HEART MONTH***

by Becca Brown

While February is the time for heart shaped candies and chocolate, February also reminds us to take care of our hearts in the literal sense. Did you know that cardiovascular disease kills about 2,300 people a day according to the American Heart Association? More facts to consider:

- ♥ Heart disease kills more people than all forms of cancer combined
- ♥ Heart attacks affect more people every year than the population of Dallas, Texas
- ♥ 72% of Americans don't consider themselves at risk for heart disease and 58% put no effort into improving their heart health.

# So what can you do to prevent heart disease and other related illnesses?



## Know Your Risk

If you are 40-75 years old and have never had a heart attack or stroke, use the American Heart Association risk calculator to estimate your risk in the next few years

[Click here to be taken to the AHA's Risk Calculator](#)



## Eat a Healthy Diet

Center your meals around veggies, fruits, whole grains, nuts, plant based proteins and lean animal proteins. Try to limit sugary drinks, refined carbs, added sugars, processed meats, sodium and saturated fats.

[Click here to access the AHA's Eat Smart page](#)



## Be Physically Active

Adults should aim for about 150 minutes of moderate intensity aerobic activity or 75 minutes of vigorous activity each week.

[Click here to access the AHA's Move More page featuring tips, workouts and more](#)



## Watch your Weight

If you're overweight, lose weight by (safely) cutting your calorie intake and moving more. Check your Body Mass Index to help gauge a healthy goal weight.

[Click here to access the AHA's Weight Loss page featuring recipes, tips, and more info](#)



## Live Tobacco Free

Don't smoke, vape or use tobacco products and if you are having trouble quitting on your own, seek outside help.

[Click here to access the AHA's Tobacco page to learn more about how vaping and tobacco can affect your heart's health](#)



## Manage Conditions

Work closely with your health care team if you have hypertension, high cholesterol, diabetes or other conditions that put you at higher risk.

[Click here to be taken to the AHA's Conditions page](#)



## Take your Medicine

You doctor may prescribe statins or other medications to help control blood sugar, cholesterol and high blood pressure. Always make sure to take medications as directed and don't take daily aspirin unless your doctor tells you to.



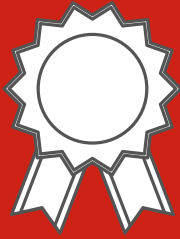
## Be a Team Player

Work with your health care team to help build a personalized prevention plan that works for you and fits in to your lifestyle. Make decisions together and ask questions if you have them!

**Have  
suggestions for  
the THRIVE  
Committee?  
Click HERE to  
email us!**

## DID YOU KNOW?

- 1 - February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.
- 2 - The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.
- 3 - If you were born in February, your birthstone is an amethyst and your flower is a primrose.
- 4 - The western zodiac signs in February are Aquarius which is until February 19th, and Pisces, which is until February 20th.
- 5 - Over time, the length of February kept changing. At one point, it had as little as 23 days.
- 6 - In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of August.



# FEBRUARY CHALLENGE

CHALLENGE YOURSELF THIS MONTH TO PLAN  
AND SHOP HEALTHIER USING THE TIPS BELOW

## PLAN AHEAD



### Sign up for a reward card

Sign up for a reward card (loyalty program) with your grocery store(s). Scan the card as you check out to receive deals automatically.



### Use coupons and coupon apps

Collect coupons. With a reward card, you will get email coupons and can download online coupons. Use coupon apps.



### Know what you have

Inventory your pantry and refrigerator each week.



### Plan meals each week

Keep recipes, grocery lists, receipts and coupons in one place to make planning easier.



### Make a shopping list

Be specific with descriptions. Note the quantity needed and which coupons you have.



### Save receipts

For each week, compare what you spent to what you budgeted. Adjust your meal planning and budgeting if necessary.

## AT THE GROCERY STORE



### Compare prices

Store-brand products may be more affordable.



### Use coupons, but compare prices and nutrition facts.

A coupon may not always be the best deal or the healthiest option.



### Buy in bulk

You may save money. Just be sure you have room to store what you've bought in your pantry or freezer.



### Save with seasonal produce

Buying produce that's in season can save you money. Can or freeze it for year-round use.



### Don't check out at the checkout

Pay attention at the register to make sure you get all your discounts and savings.



For more smart shopping tips, visit  
[heart.org/healthyforgood](https://heart.org/healthyforgood).





# Mental Health & Self Help

A new section dedicated to your emotional, psychological, and social well-being. Mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

## How to start therapy

Making the choice to begin talking to someone about your feelings can be the most difficult step in the process of getting help. Many people put off seeking outside help because they consider mental health easy to brush off, and not as urgent as a physical health problem. The four tips below will help you not only begin therapy, but make therapy work for you.

- 1. Acknowledge stigmas that might be holding you back from seeking help.**
- 2. Find the right therapist- or type of therapy- for you.**
- 3. It's ok to move on to a different therapist or kind of therapy altogether.**
- 4. If you're comfortable with it, talk about therapy to others.**



**Listen to the full podcast by clicking [HERE](#)**

# RECIPE OF THE MONTH:

## Eat-Your-Veggies Mediterranean Meatballs



- Nonstick cooking spray, for coating the bakingsheet
- 2 cups frozen spinach (from a 10-ouncepackage)
- 1 pound ground turkey (80 percent lean)
- 1/4 cup breadcrumbs
- 2 teaspoons ground cumin
- 2 cloves garlic, minced
- 1 medium carrot, grated
- 1 large egg
- 2 tablespoons fresh dill fronds, chopped
- Kosher salt and freshly ground black pepper
- 1 cup full-fat Greek yogurt
- Juice of half a lemon
- 3 pitas with pockets, cut in half and warmed
- 2 cups shredded romaine lettuce
- 2 Roma tomatoes, sliced

### Directions:

- 1** Preheat the oven to 450 degrees F. Line a rimmed baking sheet with parchment paper and coat with cooking spray.
- 2** Put the spinach in a large microwave-safe bowl and microwave according to the package instructions until cooked. Let cool slightly.
- 3** Add the turkey, breadcrumbs, cumin, garlic, carrot, egg, 1 tablespoon of the dill, 1/2 teaspoon salt and a few grinds of pepper. Mix with your hands until just combined. Scoop mounds of the meat mixture (about 2 tablespoons each) onto the prepared baking sheet. With damp hands, roll the mounds into balls and space them evenly apart on the bakingsheet. Bake until cooked through, 12 to 14 minutes.
- 4** Meanwhile, stir together the yogurt, lemon juice and remaining dill in a small bowl. Season with salt and pepper.
- 5** Serve 3 meatballs in each pita half. Pack in shredded lettuce and sliced tomatoes. Drizzle with the yogurt sauce.

# BONUS RECIPE OF THE MONTH:

## Vegetable Weight-Loss Soup

A big bowl of this veggie-packed minestrone will leave you satisfied for hours without consuming a lot of calories, which is helpful when trying to lose weight. Plus, it's an easy way to boost your vegetable servings for the day—something all of us could benefit from. Top with a dollop of pesto before devouring this delicious vegetable soup and consider serving with a hunk of toasted whole-wheat bread to help round out the meal.



- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 12 ounces fresh green beans, cut into 1/2-inch pieces
- 2 cloves garlic, minced
- 8 cups no-salt-added chicken broth or low-sodium vegetable broth
- 2 (15 ounce) cans low-sodium cannellini or other white beans, rinsed
- 4 cups chopped kale
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 teaspoons red-wine vinegar
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 8 teaspoons prepared pesto

### Directions:

- 1) Heat oil in a large pot over medium-high heat. Add onion, carrot, celery, green beans and garlic. Cook, stirring frequently, until the vegetables begin to soften, about 10 minutes.
- 2) Add broth and bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are soft, about 10 minutes more.
- 3) Add white beans, kale, zucchini, tomatoes, vinegar, salt and pepper. Increase heat to return to a simmer; cook until the zucchini and kale have softened, about 10 minutes. Top each serving of soup with 1 teaspoon pesto.

**Taste and adjust seasonings if necessary. Enjoy!**

# SNACK CORNER



## KARMA – PROBIOTIC WATER

Have you heard about the new Karma drink? I had to find out what all the talk was about. Karma is advertised as a Probiotic Water that supports your immune system. The unique thing about this particular drink is that the blend of probiotics, vitamins and antioxidants it provides doesn't actually mix with the water until you're ready to drink it. There is a push cap above the bottle that stores the powder until you push down on it and release it into the water. According to Karma, the nutrients in premixed drinks deteriorate over time.

One 18oz Berry Cherry contains the following: 20 calories, 10mg Sodium, 5g Sugars, and 100% of your Daily Vitamin A, E, B6, B12, Niacin, Pantothenic Acid, and Chromium. Karma is not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, Vitamin D, calcium, iron, and potassium. The first three ingredients listed on the label are Pristine Water, Citric Acid, and Cane Sugar.

If you're like me, you get tired of drinking water after a while. It's nice to have some flavor. Karma comes in a variety of flavors including Cranberry Lime, Berry Cherry, Blueberry Lemonade, Strawberry Lemonade, Kiwi Melon, and Tropical Coconut. I tried the Berry Cherry and it was delicious! I will definitely be trying other flavors.

Now to the important question...how much does it cost? You can buy them individually for about \$2 at Walmart or in a variety pack of 12 anywhere from \$17-\$31 depending where you go. So far the cheapest place I've found to purchase these in bulk is Sam's Club.

Just an added bit of information for you...Karma also has Karma CBD, Karma Wellness, and Karma Kids. To get more information on Karma drinks, visit [www.drinkkarma.com](http://www.drinkkarma.com).

By Julie English



# UPCOMING EVENTS

**2/7/22**

## **~7th Annual Souper Bowl~**

Stay tuned to find out who will be taking home the trophy for 2022!

**Tues/  
Thurs/  
Sat**

## **~Functional Fitness~**

All City employees are welcome to join colleagues for a structured workout or you may do your own! All fitness levels are welcome!

Tuesdays and Thursdays 4:45pm-6pm  
Saturdays 9am-10am