

A monthly wellness newsletter from Better You

Celebrating National Nutrition Month

March is a time to reflect on the food we eat and its impact on our lives. This year's National Nutrition Month theme, "Food Connects Us," reminds us that food is more than just sustenance – it's a way to connect with our loved ones, cultures, and our own well-being.



Why food matters

Food is a big part of who we are and where we come from. Sharing meals with others can be a great way to learn about different cultures and traditions. But food also affects our health, making it essential to make healthy choices.

7 ways to connect with food

- 1. Get cooking.** Learning to cook and prepare meals at home can be a fun and healthy way to take control of what you eat. You can choose the ingredients, make substitutions, and even save money.
- 2. Explore your food's roots.** Have you ever wondered where your food comes from?

Learning about farming and gardening can help you appreciate the hard work that goes into growing our food.

- 3. Discover community resources.** There are programs like SNAP, WIC, and local food banks that can help you access healthy food. Your Florida Blue Community Specialist can help you find resources in your area. Call 1-877-352-5830 to talk to a specialist or visit your local [Florida Blue Center](#).
- 4. Eat the rainbow.** A healthy eating pattern includes a variety of foods like fruits, vegetables, whole grains, and lean proteins. The more colorful, the better!

- 5. Share meals with others.** Eating with family and friends can be a great way to connect and make memories.
- 6. Celebrate your heritage.** Include your favorite cultural foods and traditions in your meals or try new global flavors.
- 7. Build over time.** Make small changes like adding fruit at breakfast or a vegetable as a mid-afternoon snack. It's never too late to improve your eating habits.

By following these tips, you can build a healthier connection with food and celebrate the ways that food connects us all. To learn more, [join us](#) for Ask the Dietitian: Food Connects Us on March 12, 2025, at 1:00 pm ET.

Resource: Visit eatright.org for more information on healthy eating and nutrition.

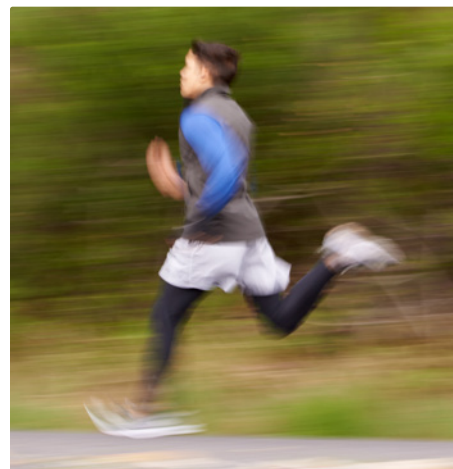
Get moving, get results: The power of microbursts

We all know exercise is good for us. But did you know that even short bursts of activity can make a big impact? The National Physical Activity Guidelines recommend at least 150 minutes of moderate exercise or 75 minutes of vigorous exercise per week. Sounds like a lot, right? But here's the thing: breaking it down into smaller chunks throughout the day can make it super manageable.

Microbursts are short, intense periods of physical activity that can be done anywhere, anytime. And the best part? They add up! By incorporating microbursts into your daily routine, you can boost your energy, control your blood sugar, and even strengthen your legs. Be sure to check in with your doctor before beginning a physical activity routine.

Simple ways to get moving

- Take a short walk after breakfast, lunch, or dinner. It's a great way to get your blood flowing and your energy levels up.
- Ditch the elevator and take the stairs instead. Your legs will thank you!
- Try doing short exercises throughout the day, like push-ups, squats, or planks. You can do it!
- Use TV commercials to your advantage. Get up and move during breaks - march in place, do some high knees, or jump up and down.
- Turn chores into a workout. Vacuuming, mopping, and gardening are all great ways to get moving while getting things done.



- Park your car in a spot that's further away from your destination. You'll get more steps in and save time searching for a closer spot.

Every bit counts

Remember, every microburst counts towards your daily total. So, what are you waiting for? Get moving, get results, and start feeling the power of microbursts!

Resource: [CDC.gov](https://www.cdc.gov)

Spinach, Peanut Butter & Banana Smoothie (Serves 1)

Ingredients:

- 1 cup plain kefir
- 1 tablespoon peanut butter
- 1 cup spinach
- 1 frozen banana
- 1 tablespoon honey (optional)

Directions:

Add kefir, peanut butter, spinach, banana and honey (if using) to a blender. Blend until smooth.



Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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