



EMPower with Wellness

YOUR EMPLOYEE WELLNESS SOLUTION

PDCM Insurance

Wellness Newsletter
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The month of February brings many things to celebrate such as Ground Hog Day, Valentine's Day, and most importantly American Heart Month! Heart disease is the leading killer of American's, causing an alarming 1 in 4 deaths. Learn how to prevent becoming another victim to heart disease with these heart healthy tips!

Know your blood pressure:

This is one of the easiest tasks to complete when preventing heart disease. Simply schedule a visit with your primary physician or even just take a few minutes out of your grocery shopping to stop and use the free blood pressure cuff at the store (normally located by the pharmacy)!

Exercise Regularly:

Many people complain about not having the time to exercise but the recommended amount of exercise per week is only 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity. That's only 20 minutes of moderate exercise a day!

Quit Smoking:

Smoking alone can increase the risk of coronary heart disease. If smoking is paired with high blood pressure, a sedentary lifestyle, and other factors, the risk is only increased.

Eat Healthy:

Many American's dine out to keep up with the fast lifestyles we live today. Because of this, many people are missing the proper amount of fruits and vegetables. MyPlate.gov recommends making half of your plate consist entirely of fruits and vegetables. The other half can be made up of protein and grains. This is an easy visualization to help keep you on track with each meal.

Making simple lifestyle changes can significantly reduce your risk of developing heart disease.

RECIPE OF THE MONTH:

Healthy Turkey Chili (6 servings)

- 1 pound extra lean ground turkey (99%) or chicken
- 2 tsp olive oil
- 1 yellow onion
- 3 garlic cloves
- 1 medium red bell pepper
- 4 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- ¼ tsp cayenne pepper
- ½ tsp salt
- 1 (28oz) can diced tomatoes
- 1 ¼ cups chicken broth
- 2 (15oz) cans dark red kidney beans, rinsed and drained
- 1 (15oz) can sweet corn rinsed and drained

Directions

Put oil, onions, garlic, and chopped red pepper in pan to sauté for 5-7 minutes, stirring frequently. Next, add turkey and brown/breakup meat until no longer pink. Then, add chili powder, cumin oregano, cayenne pepper and salt; stir for about 20 seconds. Next, add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat to a simmer for 30-45 minutes or until thickened.

Nutritional Facts (per serving)

Calories:336
Carbohydrates: 46.7g.
Sugar 9.5g,
Fiber 17.4g
Protein: 31.8g

Questions or Comments: Please contact
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