



EMPower with Wellness

Your *Emotional, Mental* and *Physical* Wellness Solution

PDCM Insurance

Wellness Newsletter
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A NEW YEAR, A NEW YOU!

The New Year is the perfect time to take a step back and assess your health and well-being. Whether you need to take a closer look at your diet or your physical fitness, what better time to do so than today?

Healthy Portion Sizes

For a general idea of the amount of food you should be consuming, use the following recommendations:

- A serving of meat is about two or three ounces—about the size of a deck of cards.
- One serving of grains is equal to one slice of bread, one ounce of cereal, or 1/2 cup of pasta or rice.
- A serving of fruit or vegetables is equal to one piece of fresh fruit or vegetable, ½ cup chopped, or ¾ cup of fruit or vegetable juice.
- In general, it's not as necessary to be vigilant about vegetable and fruit intake, as any amount is healthy – just make sure you're getting enough while being aware of the sugar content in fruit. The key to any meal is to have 75 percent of your plate covered with vegetables and 25 percent covered with meat or pasta.

Making Time for Fitness

Everyone has time for fitness—even if your life already seems too hectic with your job, family and other commitments, there's still room to tend to your health and fitness. Here are some tips:

- Park your car far away, and walk farther to your destination.
- Participate in a charity run, walk or bike event.
- Take the stairs instead of the elevator or escalator.
- Squeeze a stress ball while at work to relieve tension, burn calories, & increase flexibility.
- Exercise during your lunch hour, even if it's just a walk around the block, office, or stairs.

The Importance of Knowing Your Numbers

Knowing your blood pressure, cholesterol, blood sugar and body mass index (BMI) are vital in determining whether you are at risk for developing major illnesses, such as heart disease and diabetes. If you know your numbers are out of healthy range, you can take measures to get yourself back into good health. Schedule your annual preventative exam now. Also, take advantage of on-site screenings if your employer provides them as well! Talk with your doctor if you have any questions regarding your numbers.

RECIPE OF THE MONTH:

Italian Crockpot Chicken

INGREDIENTS:

- 1/2 cup Chicken broth
- 4 Chicken breast
- 1/4 teaspoon (dried) Thyme & Basil
- 1 packet Italian Salad Dressing Mix (dried)
- 1/2 can Soup, Cream of Chicken (light)
- 4 oz Cream Cheese (light)

DIRECTIONS:

Put all ingredients in crockpot and cook all day on low or half day on high. Serve with side of vegetables or on top of whole wheat noodles or brown rice. Serves 4

Nutrition Info: (per serving)

Calories: 280
Fat grams: 6g
Carbs: 18g
Protein: 27g

Questions or Comments: Please contact
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