

Healthy Habits



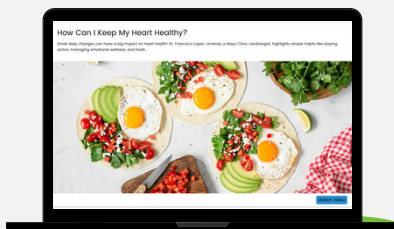
4 TIPS TO MAKE EVERY MEAL HEART-HEALTHY

Good nutrition is a key ingredient in the recipe for a healthy heart! Making small changes to your cooking habits can help lower cholesterol by replacing harmful saturated and trans fats with healthier alternatives. In honor of American Heart Month, try improving your home-cooked meals with these tips from the [American Heart Association \(AHA\)](#):

Reel in the benefits of fish: Salmon, trout, and herring aren't just tasty, they're packed with heart-healthy omega-3s. Aim to enjoy at least 8 ounces of fish each week, especially as a flavorful alternative to red meat and processed proteins. For a lighter meal, try grilling or baking your seafood to perfection!

Opt for lower-fat meats and poultry: Meat lovers don't have to despair! Choosing healthier cuts of meat can care for your heart without sacrificing flavor. The AHA recommends choosing a "choice" or "select" cut of steak instead of "prime," and buying lean ground meat with no more than 15% fat. Chicken and turkey are also healthy protein options, especially when the skin and visible fat are removed before cooking.

Be mindful of cooking oils: When cooking veggies, just a teaspoon or two of vegetable oil and a splash of water over low heat will do the trick. Since pre-packaged options often come with heavy sauces and seasoning, try adding herbs and spices to fresh produce for a healthier meal.



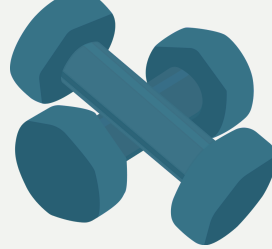
Discover how prevention can keep your heart healthy with tips from a [Mayo Clinic expert](#).

Balance whole grains and fiber: A diet rich in fiber and whole grains can help support healthy cholesterol levels. If you're craving carbs, choose whole-grain pasta or brown rice as the base of your meal. Round it out with a fiber-packed side of vegetables like broccoli, carrots, or cauliflower.

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SIMPLE WAYS TO IMPROVE YOUR WORK-LIFE BALANCE

Juggling work, home, and time with friends and family can feel overwhelming. If stress is creeping into your life, you're not alone; [Mental Health America \(MHA\)](#) reports that 1 in 4 Americans feels stressed regularly. Chronic stress can weaken your immune system and doubles the risk of a heart attack! Using simple strategies to maintain a healthy work-life balance can help make your week more manageable while supporting both your mental and physical well-being:

- **Maximize productivity at work:** When life gets busy, it's easy to fall into procrastination. Breaking daunting projects into smaller, manageable tasks can help you stay on track and boost productivity. Focus on a few priorities each day and enjoy the motivation that comes from checking them off your list!
- **Keep your body moving:** Even if a workout feels like one more thing on your plate, staying active can actually make your day feel lighter. Regular exercise helps lower stress, ease anxiety and depression, and keep your immune system in top-notch shape.
- **Build a support system:** Feeling supported by others at work and at home matters! Surrounding yourself with a strong community can improve your health, reduce stress, and make life more enjoyable.

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