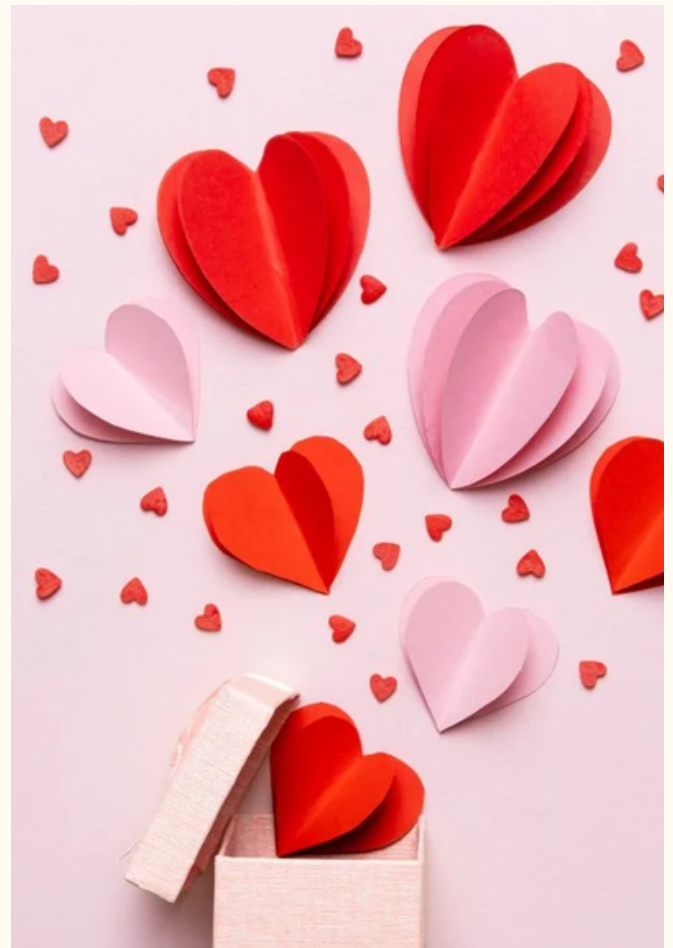


Food Advocate

FEBRUARY 2024 ISSUE

February is, AMERICAN HEART MONTH

Heart disease is the leading cause of death in the United States, but can be prevented through different measures. Some of those measures can include, eating a balanced diet, increasing physical activity, maintaining a healthy weight, and controlling your blood pressure. In this month's newsletter you will find heart healthy meals, as well as simple, at-home workouts for maintaining a healthy weight and keeping yourself energized throughout the day.



Heart Healthy Meals

A new month means new recipes. February is known as the month of love, so why not show your heart some extra love! The recipes featured in this month's newsletter are not only festive, but are packed with nutrients to keep your heart strong and healthy. Refer to the page below to find something for breakfast, lunch/dinner, and even dessert.



Strawberry Smoothie

INGREDIENTS:

- Handful of strawberries
- 1/2-1 mango
- 1/2-1 banana
- 1/2 cup yogurt (can add more to thicken smoothie)
- 1/2 cup milk (gradually add more if needed)

DIRECTIONS:

1. Add all ingredients to blender and blend.

INGREDIENTS:

- Raspberries or other berry
- Low-fat or non-fat plain Greek yogurt
- Honey or agave

DIRECTIONS:

1. Mix a small amount of honey into yogurt until desired sweetness.
2. Dip berries into yogurt mixture, evenly coating the berries.
3. Arrange covered berries onto a baking sheet, lined with parchment paper and freeze overnight.



Yogurt Covered Berries

INGREDIENTS:

- 16 ounces whole grain pasta and 1/4 cup reserved pasta water
- 2 tablespoons olive oil, divided
- 1 cup diced onion and 2 cloves garlic (minced)
- 8-10 ounces roasted beets (about 3 small beets)
- 3/4 cup ricotta cheese and 1/2 cup goat cheese
- 3 tablespoons lemon juice
- pinch of salt and pepper

DIRECTIONS:

1. Cook pasta according to package instructions. Reserve a cup of pasta and set aside.
2. Warm oil in a skillet, adding the onion and garlic. Cook for a couple of minutes. Remove from heat.
3. In a blender, combine the onion and garlic, beets, ricotta and goat cheese, lemon juice, salt, pepper, other tablespoon of olive oil, and 1/4 cup pasta water. Blend until smooth.
4. Toss the cooked pasta in the beet sauce.



Creamy Beet Pasta

Simple, Effective Exercises

FULL BODY WORKOUTS THAT CAN BE PERFORMED AT HOME



DON'T FORGET TO STRETCH!

It is important to stretch before and after a workout to prevent injury, decrease soreness, and improve performance. Perform stretches that are comfortable to you, without overexerting your muscles. Refer to the following link for some simple stretches to start you out:

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/stretching/art-20546848>.

Arms

- tricep dips: 3 sets of 12 reps
- pushups: 3 sets of 10 reps (can be modified by resting knees)
- arm circles: 3 sets of 15-20 reps (both directions)
- plank taps: 3 sets of 15-20 reps

Abs

- side plank: 3 sets on each side, 30 secs each
- heel taps: 3 sets of 15-20 reps
- russian twists: 3 sets of 15-20 reps
- crunches: 3 sets of 12-15 reps

Legs

- squats: 3 sets of 15 reps
- reverse lunges: 3 sets of 12 reps on each side
- glute bridge: 3 sets of 15-25 reps
- lying side leg raises: 3 sets of 10-15 reps on each side