



HAPPY NEW YEAR! 2024



10 Ways to Improve Your Heart Health in 2024

1. Balance calories with physical activity.
2. Reach for a variety of fruits and vegetables.
3. Choose whole grains.
4. Include healthy protein sources, mostly plants and seafood.
5. Use liquid non-tropical plant oils.
6. Choose minimally processed foods.
7. Subtract added sugars
8. Cut down on salt.
9. Limit alcohol.
10. Do all this wherever you eat!

Check for the Heart-Check Mark

The **Heart-Check** Mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern. Requirements for Heart-Check certification include:

1. Contain Beneficial Nutrients- 10% or more of Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, calcium, iron, protein or dietary fiber)
2. Limited in Bad Fats- 1g or less saturated fat, 15% or less calories from saturated fats, less than 0.5g trans fats. Products containing partially hydrogenated oils are not eligible for certification.
3. Less than 20 mg cholesterol
4. Low sodium

Need more food for thought? Go to www.heart.org/eatsmart

Capital EAP Webinars:

Webinar format workshops for employees and families.



SOCIAL | MIND | SPIRIT

Work-Life Balance

January 9 | 12-1 PM

In this training, participants will explore beliefs and perspectives of the meaning of a balanced life, map a true picture of their current life and their ideal balanced life and walk away with applicable, practical strategies to create greater balance in their lives..

Register at:

https://us02web.zoom.us/webinar/register/WN_ZSYWW3VwTKyu0yYPRem7Lw#/registration

Promoting Kindness in the Workplace

January 24 | 12-1 PM

This training is intended to create a kinder and more compassionate workplace. Participants will first learn about different types of workplace cultures and gain a deeper understanding on how workplace culture can have a direct influence on workplace attitudes. Participants will also gain insights on ways to become a more compassionate employee and ways to inspire compassion in others.

Register at: https://us02web.zoom.us/webinar/register/WN_wGbs9NPOQRqwfBGV4Qxulg#/registration

Successful Communication

January 18 | 12-1 PM

This training will heighten awareness of the ways we communicate with our co-workers. Participants will identify communication strategies to overcome resistance and conflict. Also included will be an overview of common communication pitfalls, the use of nonverbal skills for greater impact, assertiveness skills, and specific techniques for managing difficult interactions

Register at:

https://us02web.zoom.us/webinar/register/WN_Lzs2KvPTHi-gaColVMPLw#/registration

Broadview FCU Webinar

Webinar format workshops for employees and families



QUALIFYING
HEALTHY ME
ACTIVITY

FINANCIAL

Tackle Your Debt

January 11 | 5 PM

- Learn how to tackle your debt, step-by-step – and manage your credit in the future
- Develop an effective debt pay-down strategy
- Understand debt levels, and good and bad debt
- Discuss a basic budgeting framework

Register at:

https://broadviewfcu.zoom.us/webinar/register/WN_U6lrg8fgRKaWx_CuL_LxOg#/registration

Heart Healthy Recipe: Quinoa, Black Bean, Arugula and Spinach Ragout



This stew-like dish is perfect for a frosty evening. It's completely customizable — substitute any legume, greens or grains with whatever is in your pantry, or to reflect your personal preferences. And as this dish takes only one pan to prepare, cleanup will be a snap!

Ingredients

- 4 cups onion, medium dice
- 3 tablespoon extra virgin olive oil, divided
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 cups firmly packed broccoli florets
- 15-ounce can black beans, drained and rinsed
- 1 tablespoon fresh garlic, minced
- 1/2 cup arugula
- 1/2 cup spinach, stems removed
- 2, 23- to 25-ounce jars tomato sauce with no added sugars
- 2 cups cooked red quinoa (about 2/3 cup uncooked)
- 1 tablespoon hot sauce

Directions

1. In large non-stick skillet on medium heat, add 2 tablespoons of the extra virgin olive oil, onions, salt and pepper, and sauté until light golden brown.
2. Add broccoli florets and sauté five minutes.
3. Add black beans, and make a well in the middle of the beans. Add remaining olive oil and garlic to the well, and cook the garlic until aromatic, about one minute.
4. Add tomato sauce, hot sauce and cooked quinoa. Mix and bring to a simmer.
5. Add spinach and arugula, and stir until thoroughly mixed and heated, and greens begin to wilt. Serve.

Nutrition facts: 1 serving = 1/6 recipe (makes 6 servings)

Calories 320, Saturated fat 1g, Cholesterol 0mg, Fiber 4g, Sodium 220mg, Carbohydrate 52g, Protein 12g; Sugar 15g

Source:

https://health.clevelandclinic.org/recipe-quinoa-black-bean-arugula-spinach-ragout/?_gl=1*_lhy6sv*_ga*MTQ3MzAxMzgwMi4xNjk4NDE2MMDMy*_ga_HWJ092SPKP*MTcwMzA4Nzk1Ni4zLjEuMTCwMzA4ODA3OS4wLjAuMA

Follow Healthy ME Online & Win!

This month's winner: Katie Korniak

Two Steps: Go to ellishealthyme.org, enter your email where it says "Follow" then "confirm follow" from the email confirmation that is sent to you. You will be entered to win prizes and receive Healthy ME related communications. **It's mobile friendly!**

ELLIS FITNESS UPDATES



Ellis Fitness Hours

Monday through Friday | 6:00 AM – 8:00 PM
 Saturday | 8:00 AM – 7:00 PM
 Sunday | 8:00 AM – 5:00 PM

Group Exercise Classes (beginning Jan 9)

Tuesdays 5 PM - 6 PM | Small Group Training with Sarah
 Wednesdays 5 PM - 6 PM | Core and Lower Body with Stacie



Ellis Fitness NEW Member
Registration QR Code

Ellis Fitness Resistance Training Challenge January 8- February 4

DID YOU KNOW?

1. The average adult can expect to gain approximately 1 pound of fat every year between ages 30 to 60.
2. The average adult can expect to lose about a half pound of muscle over that same time span.
3. This equals a decline in muscle mass by approximately 50% between the ages of 20 and 90 years!
4. **Resistance Training is the only way to prevent the decline in body composition with age!**

PARTICIPATE

***To successfully complete this challenge and qualify for prizes, participants must:**

1. Resistance train at least twice per week at Ellis Fitness (a program will be provided for members new to resistance training)
2. Try at least 1 new exercise each session (suggestions will be sent in your weekly email)
3. Complete a weekly check list on our survey link (which will also be included in your weekly email beginning week 2)

PRIZES

Participation Prizes available for all who complete the challenge.

14 Raffle prizes available to win:

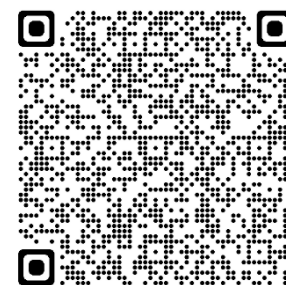
- Beats Bluetooth Headphones
- Healthy ME YETI tumblers
- FitBit Charges

REGISTER

For the Resistance Training Challenge with this link:

<https://forms.office.com/r/mCPf30bT2U>

Or scan the QR code!



Resistance Training Challenge
Registration QR Code

***Employees must be a member of Ellis Fitness to participate.**