

Physical Activity and Chronic Disease Prevention

One of the most important things you can do for your health is engage in regular physical activity.

For the greatest health benefits, the Physical Activity Guidelines for Americans recommends at least 150 minutes of moderate-intensity aerobic activity each week. This could include activities like a brisk walk, riding a bike, pushing a lawn mower or taking a hike. Additionally, at least two days a week of muscle-strengthening activity is recommended. This could include activities like lifting weights, gardening and resistance exercises (like push-ups or using resistance bands).

The benefits of physical activity start right away. Immediate benefits experienced after just one session can include: improved sleep, reduced anxiety and reduced blood pressure. Long-term benefits experienced with regular physical activity can include improved brain health, improved heart health, reduced risk of certain cancers, reduced risk of weight gain, improved bone health and improved balance and coordination.

Remember, some physical activity is better than none, so try to get moving today!

Source: <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>



October: Breast Cancer Awareness

Mammograms are the best screening tool to find breast cancer early, when it may be easier to treat.

Here's what you can expect:

- When preparing to go to your mammogram appointment wear a two-piece outfit because you will need to remove your top. Do not apply deodorant, lotion or other products as these can lead to misleading results.
- The procedure takes approximately 20 minutes. During this time each breast will be compressed at multiple angles in the machine for a few seconds.
- Expect your results within a couple weeks.
- Talk to your health care provider about your risk and if a mammogram is right for you. MCHCP pays for preventive care at 100% (regardless of your plan type or whether you have met your deductible) so long as it is supplied by a network provider, is billed as routine (without indication of injury or illness) and meets preventive service guidelines.

Source: American Cancer Society



November: Great American Smokeout

Quitting tobacco takes hard work and a lot of effort, but with a good plan you can quit!

Make a plan:

set a reasonable quit date and reduce your tobacco exposure.

Find support:

talk with family and friends about your quit tobacco goals and reach out to your primary care provider for extra support.

Build new habits:

fill your tobacco-free time with things you enjoy.

Talk to your primary care provider:

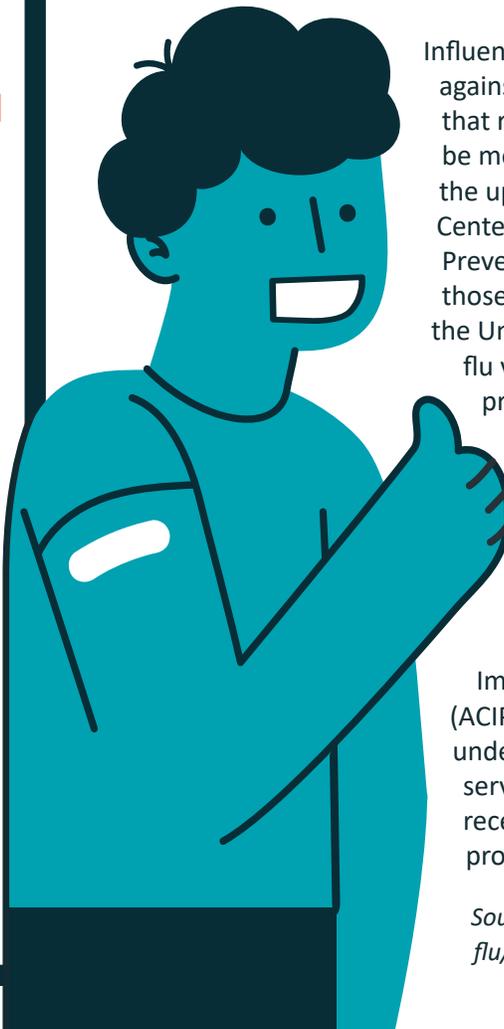
MCHCP plans include 100% coverage for preferred quit tobacco medications and over-the-counter nicotine replacement therapy with a prescription.

Prepare:

stress can make quitting harder so plan ahead for difficult situations.

Source: <https://planoheartcenter.com/PDFs/quitsmoking.pdf>

December: Flu Vaccination



Influenza (flu) vaccines protect against influenza viruses that research indicates will be most common during the upcoming season. The Centers for Disease Control and Prevention (CDC) recommends those 6 months and older in the United States should get a flu vaccine yearly. Ask your primary care provider if the flu vaccine is recommended for you.

Vaccinations recommended by the Advisory Committee for Immunization Practices (ACIP) are covered at 100% under MCHCP's preventive services benefit when received through a network provider.

Source: <https://www.cdc.gov/flu/prevent/flushot.htm>

Recipe: Baked Meatballs

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 6

Ingredients:

1 and ½ pounds lean ground beef

1/3 cup breadcrumbs

½ teaspoon pepper

1 teaspoon salt

½ teaspoon garlic powder

½ teaspoon dried oregano

1 egg

2 tablespoons water

6 ounces mozzarella cheese cut into ½ inch cubes

Cooking spray



Instructions:

1. Preheat the broiler. Line a sheet pan with foil and coat the foil with cooking spray.
2. Place the beef, breadcrumbs, salt, pepper, garlic powder, oregano, egg and water in a bowl; mix until thoroughly combined. You may need to add more water, 1 tablespoon at a time, to get a smooth mixture.
3. Take approximately 2 tablespoons of the meat mixture and roll it into a ball. Press a cube of cheese into the ball of meat, making sure that the meat completely surrounds the cheese. Place the meatball on the sheet pan and repeat with remaining meat and cheese.
4. Spray the tops of the meatballs with cooking spray. Broil for 10 minutes or until meatballs are just done — do not overcook or the cheese filling may start to spill out.
5. Serve meatballs with marinara sauce and pasta or however you like.

Calories: 356, Total Fat: 20g, Carbohydrates: 6g, Fiber: 1g, Protein: 36g, Calcium: 19%, Iron: 22%

Recipe from: <https://therecipecritic.com/mozzarella-stuffed-meatballs/>