

# PURSUIT

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Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You

## The hype about yoga may surprise you



Do you have friends that rave about yoga? They have good reasons — studies show that yoga boosts your strength, flexibility, heart health and overall well-being. You too can reap the benefits:

**Get stronger.** Yoga's whole-body workout uses your own weight to build muscle. Poses like warrior and downward-facing dog increase mobility whether you're flexible or not. Spine-extending poses, like tree pose, circulate energy throughout the body, while chest-opening poses, like

cobra, help you breathe deeply.

**Reduce heart risks.** Combine yoga with a healthy diet and stress management, and good things happen to your heart. Cholesterol levels drop, and the progression of heart disease slows.

**Lower stress.** Daily yoga can lower cortisol, a key stress hormone. Deep breaths during yoga help calm the mind and ease stress, so you can relax.

**Improve sleep.** Yoga workouts are both physical and relaxing

which can improve your sleep. The next time you're struggling to drift off, try forward fold pose or lie back with your feet up against the wall.

**Feel better overall.** Yoga helps the mind-body connection which may reduce chronic pain, anxiety, and depression.

Looking for a way to improve your quality of life? Consider yoga. Classes are widely available. Check to see if your local [Florida Blue Center](#) offers yoga classes.

**Resources:** [NIH.NCCIH.gov](https://www.nih.gov/nccih); [NIH.NLM.gov](https://www.nlm.nih.gov)

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# Beat afternoon fatigue with these tips

Have you ever felt an afternoon slump? You feel tired, sluggish, fatigued and less productive? Here are a few tips to help you beat afternoon fatigue.

**Sleep.** A good night's sleep can certainly help limit afternoon fatigue. Start your day refreshed for more energy throughout the day.

**Choose nourishing food.** Begin with a healthy breakfast that combines protein, carbohydrates,

and fats. Limit processed foods and added sugars, and stay hydrated.

**Keep moving.** Moving helps boost your energy. Find activities that you enjoy, such as walking, stretching, gardening, or dancing.

**Be proactive.** Get your annual wellness exams and rule out medical issues that might be causing your fatigue. Make one small change in your daily routine to help increase your energy.



**Resources:** [WebMD.com](https://www.webmd.com); [CDC.gov](https://www.cdc.gov)

## Spinach & Artichoke Casserole with Chicken & Cauliflower Rice (Serves 4)

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 cloves garlic, minced
- 1 (14 ounce) can artichoke hearts, rinsed and chopped
- 4 cups fresh or frozen cauliflower rice
- 3 cups coarsely chopped fresh spinach
- 4 ounces reduced-fat cream cheese
- 1 cup shredded dill Havarti cheese, divided

- 1 tablespoon chopped fresh dill

### Directions:

Preheat oven to 375°F. Lightly coat a 9 x 13-inch baking dish with cooking spray.

Heat oil in a large pot over medium heat. Add chicken, sprinkle with salt and pepper and cook, stirring, until opaque on all sides, about 8 minutes. Add garlic and cook, stirring for 1 minute. Remove from heat.

Pat artichokes dry. Add to the pot along with cauliflower rice, spinach, cream cheese and ½ cup dill Havarti. Mix until the



cream cheese is melted.

Transfer the mixture to the prepared baking dish and sprinkle with the remaining ½ cup dill Havarti. Bake until the cheese is melted, about 20 minutes. Remove from oven and let stand for 5 minutes. Sprinkle with dill before serving.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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