

A monthly wellness newsletter from Better You

Strong bones, strong women

Women are often reminded to take care of their health. But there's one important thing they might forget: their bone health. Keeping bones strong is crucial for a woman's overall well-being, and it's easier than you think.

Bone density is the amount of minerals, like calcium and phosphorus, in our bones. As we get older, our bone density naturally decreases. For women, this happens faster after menopause. If our bone density gets too low, it can cause serious problems, including:

- Breaking bones more easily, especially in the hips, spine, and wrists
- Losing height and having poor posture
- Having trouble moving around and being independent
- Being more likely to get seriously injured or sick

The good news is women can keep their bones strong and healthy by making a few simple changes to their lifestyle. By following these tips, they can lower their risk of osteoporosis, which is when bones become



weak and brittle, and stay healthy for years to come.

1. Exercise regularly.

Weight-bearing activities, like walking, running, and weightlifting, make your bones work harder and can help make them stronger.

2. Eat a balanced diet.

Include foods that are rich in calcium, like milk, leafy greens, and fortified plant-based milk. Also, eat foods rich in vitamin D, like fatty fish, egg yolks, and mushrooms.

3. Get enough vitamin D.

Vitamin D helps our bodies absorb calcium, so make sure

you get enough from sunlight, supplements, or fortified foods.

4. Don't use nicotine. Smoking or any use of nicotine can make your bones weaker and more likely to break.

5. Limit caffeine and alcohol.

Drinking too much caffeine and alcohol can interfere with how your body uses calcium and keeps your bones from being healthy.

It's never too early or too late to start taking care of your bones.

To learn more, [register here](#) for our webinar on Bone Health: Building a Stronger You, July 8th at 1:00 p.m. ET.

Resource: [NIH.gov](https://www.nih.gov)

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Self-care for a healthier you

When life gets busy and we get caught in the hustle and bustle of everyday life, it's easy to forget about prioritizing taking care of yourself. However, self-care isn't selfish. To live a happy, healthy, and balanced life, it's essential that we take care of ourselves. In fact, International Self-Care Day is July 24 and is a great reminder to prioritize your well-being and make self-care a habit.

Here's what you can do to become your healthiest self:

- Try to include a simple self-care practice into your day such as meditation or deep breathing exercises, both can help reduce stress and anxiety. It's okay to spend time alone when things get stressful.

- Engage in regular physical activity to give your mood and energy a boost. Spend time with your pet by taking them for a daily walk or go for a walk after dinner with your family.
- Make time for activities that bring you joy. That can be taking a warm bath, reading a book, or spending time with loved ones.
- Reach out to a friend or family member to talk through your emotions. Sharing your feelings with someone you trust can help you feel more grounded and calm.
- Know that it's okay to say no. Give yourself permission to set boundaries.
- Unplug and recharge. Take



a break from social media and emails. This can give you more time to relax.

When you prioritize self-care, you are better equipped to handle life's challenges and live a more fulfilling life. Read this [BlueAnswers](#) article learn more about the importance of self-care.

Resource: [Heart.org](https://www.heart.org)

Citrus Vinaigrette (Serves 8)

Ingredients:

- ½ small shallot, quartered
- 1 teaspoon orange zest
- ¼ cup orange juice, preferably freshly squeezed
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup extra-virgin olive oil

- ¼ cup neutral oil, such as canola or avocado

Directions:

Combine shallot, orange zest, orange juice, lemon juice, mustard, salt, and pepper in a blender or mini food processor. (Alternatively, combine in a jar and use an immersion blender.) Add olive oil and canola (or avocado) oil; blend until smooth.



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

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