



Did You Know?

When it comes to the evolution of food, there have been a lot of changes within the past few decades.

Work Hard, Play Harder

Instead of sourcing local, fresh foods, we now often consume foods that are produced in a factory. With the rise of processed foods, we are now facing a wide range of health consequences, including increased rates of diabetes, obesity, and heart disease. If you are aiming to live a healthier, more balanced life, start by eliminating the following: soda, margarine, fried foods, processed deli meats, microwave popcorn, farmed fish, and “diet” foods.

Tips to Live Longer, Stronger, and Better

As we strive to get back to normal after the pandemic, we’re presented with an unusual opportunity to reset our patterns. Just remember, your brain requires up to three months of daily repetition to develop the neural pathway that automates a behavior, so be persistent. The habits you set now may be the habits you stick with for life. Here are some ideas from health experts:

- Make weekly exercise dates.
- Eat a daily salad.
- Join a book club.
- Once a week, try something new.
- Make your bed each morning.
- Brush and floss regularly.
- Try doing 10 minutes of resistance training every morning.
- Organize one thing each day.
- Take a daily “do not disturb” break.
- Store fruit at the front of the fridge.
- Snack before you shop.
- Take your phone calls standing or walking.
- Turn off all phone notifications.
- Go screen-free one day a week.
- Make eye contact over dinner.
- Make short, regular check-ins on loved ones.
- Give little gifts.
- Ask what you can do to help others.
- Apply SPF 30 sunscreen every day.
- Make online shopping less impulse driven.
- Choose organic fruits and veggies when possible.

September is Healthy Aging Month

September is Healthy Aging Month, and it strives to focus national attention on the positive aspects of growing older, particularly among adults ages 45+. September was chosen because so many people feel they can “get started” more easily then. Maybe the back-to-school routine never really goes away!

There are many ways to maintain a healthy lifestyle well into later years, and aging is no longer a taboo subject. It’s almost become a trend to be an active older adult.

Adults are encouraged to use September as the motivation to take stock of where you’ve been, what you genuinely would like to do, and try it!

Here are some tips for healthy aging:

- ✓ **Move more, sit less.** Physical activity is your weapon to help control blood pressure, help prevent heart disease and stroke, and possibly lower your risk for depression and anxiety. Strive for at least 20 minutes a day, seven days a week.
- ✓ **Try to cut back on salt.** A diet rich in sodium has been linked to high blood

pressure, stroke, and heart attack. Adding more fiber to your diet can help lower cholesterol, control blood sugar, and help maintain good digestive health.

- ✓ **Be of service.** An excellent way to bring happiness into your life is to focus on others and volunteer your time and expertise.
- ✓ **Don’t wait for the phone to ring.** Be proactive, and call someone for a lunch date. Try to mix up your get-togethers with old friends and new ones.
- ✓ **Get a dog.** If you don’t have one, get one and walk. You will be amazed how many people you will meet through your dog.
- ✓ **Be realistic with what you can accomplish.** Learn to say no, and don’t overwhelm yourself with a to-do list.
- ✓ **Travel, and spend more time with family and friends.** Develop new hobbies, and redefine your purpose to maintain a sense of identity and purpose.

So, grab onto that “back to school” feeling and renew or set your lifestyle goals. It’s never too late!



Questions?

Visit Cigna’s website at www.mycigna.com for more personalized information.

For other questions, contact a Cigna representative at

1-800-244-6224.

First Wellness Challenge Begins September 12th

We will offer several wellness challenges once again this year, and the first one begins on September 12, 2022, and will run until October 7, 2022. The Beaches Around the World activity challenge will allow participants to set sail visiting beaches around the world to soak up some sun, all while learning fun facts while you track daily steps. Push yourself harder each day, and see what fitness goals you can achieve. And remember, this is not just a STEPS challenge – any physical activity counts! All active participants will receive a gift for their efforts. Registration is currently open a www.employeehealthshub.com/acps.

Chain Reaction & America Says Trivia is Back!

Our weekly our brainteasers, Chain Reaction and America Says, based on the TV game shows with the same name, has resumed for this school year. Participation in these weekly emailed games will afford employees the opportunity to win lots of fun prizes for correct answers! Good luck!

Save the Date for the Employee Health and Vendor Fair

Save the Date for the 6th Annual Employee Health and Vendor Fair, which will be in-person once again on Friday, October 28, 2022, at Mountain Ridge High School from 3-5 p.m. Many returning vendors have already committed to attend, and we're hopeful to have some new vendors participate this year as well. The event, which is sponsored by Cigna, is for ACPS employees, and will feature giveaways and raffle prizes! Stay tuned for updated information on vendors and raffles closer to the event. Additionally, flu shots and other vaccinations will be available for anyone on the ACPS medical plan, so be sure to bring your insurance card.

Cigna EAP Webinars

Summer is coming to a close, and it's back to school season. Are you excited about new school supplies and fresh first day outfits, or are you stressed about early mornings and more rigid routines? Likely, it's a combination of both! Tune in to Cigna's Employee Assistance Program (EAP) seminars this month for some food for your soul. And even if you aren't directly impacted by back-to-school season, the fall can be a nice time to look at your routines and ask yourself what is working and what isn't.

There are two Cigna EAP webcast seminars in September. They are one hour long, including a Q&A at the end of each session. All webcasts take place on Wednesdays at 2 p.m. Registration information, live seminars, and on-demand replays can be accessed directly at the seminar portal, www.cigna.com/EAPwebcasts. The seminar PowerPoints are available for download at the registration site. Remember, the seminar takes place via webcast only, and replay information will be available starting two hours after the live session.

- September 7, 2022 – Mental Health: You Can Make a Difference
- September 21, 2022 – The Power of Authenticity

Recipe Source: www.simplyquinoa.com

Herb & Roasted Garlic Salmon with Brussels Sprout Quinoa Salad

Yield: 1 Serving



Salmon Ingredients

- 3 lbs. salmon
- ½ cup fresh parsley, finely chopped
- 1/3 cup fresh sage, finely chopped
- 1 head of garlic
- 3 tbsps. Olive oil
- Salt and pepper, to taste

Quinoa Salad Ingredients

- 4 cups cooked quinoa
- 1 lb. brussels sprouts
- ½ cup walnuts, toasted and chopped
- 1 tbsp. lemon juice
- 1 tbsp. maple syrup
- 1 tbsp. Dijon mustard
- Salt and pepper, to taste

Instructions

1. Preheat oven to 400°.
2. Chop top off garlic, place on piece of foil and drizzle with olive oil. Wrap foil around garlic and roast for 15-20 minutes, until it is soft and fragrant.
3. When garlic is cool enough to handle, squeeze flesh into small dish. Add herbs and olive oil and mix to form a thick paste.
4. Place salmon on large, greased baking sheet. Sprinkle with salt and pepper and top with herb mixture. Marinate salmon in fridge for 2-3 hours or overnight.
5. When ready to roast, preheat oven to 350°. Slow roast salmon for 45-60 minutes until flesh is cooked and flakes easily. Remove and let cool for 5 minutes.

6. While salmon roasts, prepare the salad by shredding brussels sprouts. Gently steam them in a pan with a little water, then transfer to mixing bowl.
7. Add quinoa and remaining ingredients and toss to combine.
8. Serve salmon over 1-2 cups of quinoa salad.

Nutrition Information

- Calories 647
- Carbs 38g
- Protein 54g
- Fat 30g
- Cholesterol 124mg
- Sodium 256mg
- Fiber 7g