

2023 Newsletter

Advantus



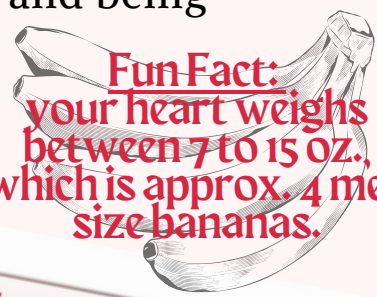
February is... American Heart Month

When it comes to physical activity, aim for at least 2 hours and 30 minutes of moderate-intensity aerobic activity each week.

This can reduce your risk for heart disease and your chances of developing other risk factors, such as high blood pressure, diabetes, and being overweight.



Fun Fact:
your heart weighs between 7 to 15 oz., which is approx. 4 med size bananas.



- **Take up a heart-healthy habit:** Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.
- **Educate yourself:** Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.
- **Get your cholesterol tested:** If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

LET'S NOT FORGET FEBRUARY IS ALSO...

- NATIONAL CANCER PREVENTION MONTH
- CHILDREN'S DENTAL HEALTH MONTH
- TEEN DATING VIOLENCE AWARENESS MONTH

**Advantus is closed on Feb. 20, 2023
for President's Day**

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Heart-Healthy Snacks

Fruits

Grapes
Frozen Grapes
Apples
Bananas
Watermelon
Kiwi Slices
Blackberries
Blueberries
Peaches
Pineapple Spears

Raisins
Craisins
Baked Apples
Dried Banana Chips
Dried Apple Slices
Dehydrated Mangoes

Nuts

Sunflower Seeds Unsalted
Peanuts Unsalted
Almonds Unsalted
Walnuts Unsalted
Cashews Unsalted

Drinks

Fruit Juice Smoothie
Fresh Fruit Juice

Dairy

Cheerios with Skim Milk
Fat Free Cheese
Low Fat Yogurt
Greek Nonfat Yogurt

Others

Cucumber Salad
Sugar Free Jell-O
Low Fat Peanut Butter
Plain Cheerios
Fresh Fruit Salad
Veggie Sticks and Hummus
Trail Mix Unsalted
Rice Cakes
Canned Fruit Unsweetened

Veggies

Chickpeas
Cucumber Slices
Kale Chips
Zucchini Slices
Broccoli
Cauliflower
Cherry Tomatoes
Green Pepper Sticks
Celery Sticks
Carrots
Radishes

APPLE-CINNAMON OATMEAL CAKES FOR A HEALTHY BREAKFAST



Ingredients:

- 3 cups old-fashioned rolled oats
- 1 ½ cups low-fat milk
- ¾ cup unsweetened applesauce
- ⅓ cup packed light brown sugar
- 2 large eggs, lightly beaten
- 1 tablespoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ⅔ cup finely chopped dried apples
- ¼ cup finely chopped walnuts

Directions:

- Preheat oven to 375°F.
- Coat a muffin tin with cooking spray.
- Combine oats, milk, applesauce, brown sugar, eggs, cinnamon, baking powder, vanilla and salt in a large bowl. Fold in dried apples and walnuts.
- Fill muffin cups about 1/3 cup each.
- Bake about 25 minutes.
- Cool in the pan for 10 minutes, Enjoy!



Take care of your Heart and it will take care of you!

The Heart of Advantus:

Customers First. Do the Right Thing. Act with Integrity. Hire and Develop Great People. Embrace Growth and Change. Play Offense. Be Relentless. Execution is Everything. Be Accountable. Own It. Work Hard. Add Value. Find a Better Way. Avoid Waste. Be Frugal.