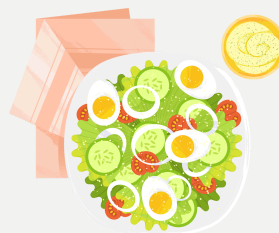


# Healthy Habits



## SIMPLE WAYS TO EAT HEALTHIER DURING BUSY WEEKS

Between work, time with friends and family, and everyday responsibilities, finding time to prepare a nutritious meal can feel nearly impossible. While takeout or a quick drive-thru run is convenient, relying on it too often can come at the expense of quality nutrition. The good news? Eating healthy doesn't have to mean spending hours in the kitchen. Instead, [these easy strategies](#) can help inspire better food choices on the go:

- **Make meal prepping part of your routine:** If planning lunches or dinners for the week feels daunting, determine which meal would benefit most from being prepared ahead of time. Do you often skip breakfast? Do you usually grab dinner out after a long day? Prepping even a few meals in advance can save time and make it easier to choose healthier options. Focus on what fits your unique schedule and prepare a few nutritious meals for the week ahead!
- **Choose smart snacking:** It's easy to grab a handful of chips during a busy day, but that can quickly lead to overeating. Instead, portion snacks into bags or containers beforehand, and include a mix from different food groups. Options like unsalted nuts, fruit with string cheese, or veggies with hummus can help keep you full and fueled throughout the day.



Explore tips from a Mayo Clinic nutritionist on eating healthy while staying within your budget.

- **Order out mindfully:** When grabbing fast food or ordering takeout during a hectic week, aim to make healthier choices whenever possible. Consider swapping out fries for a side salad, ordering a grilled chicken sandwich over a burger, and choosing water instead of sugary soda.

A balanced plate is one of the best ways to improve mood, boost energy, and reduce the risk of chronic illness. Mindful food choices today make for a healthier tomorrow!

If you completed a screening with Empower Health Services, explore additional health and wellness resources on [empower.health!](#)

Simply scan the QR code and click the download icon to install the app on your mobile device.





## BETTER BLOOD PRESSURE BEGINS WITH DAILY HABITS

Your blood pressure is more than just a number. It's an important insight into your overall health! [High blood pressure](#), also known as 'hypertension', can silently damage the blood vessels, increasing your risk for heart disease, stroke, kidney issues, and more.

During National Blood Pressure Education Month, take a moment to check in with yourself. Have you had your blood pressure checked recently? Are your daily habits supporting your heart health? Keeping your blood pressure in a healthy range starts with small everyday choices:

- **Choose a balanced diet:** Fill your plate with fruits, vegetables, whole grains, and lean proteins, while limiting foods high in fat and sodium to promote long-term heart health.
- **Limit alcohol and avoid smoking:** Cutting back on alcohol and avoiding tobacco can significantly help manage your blood pressure, as both can cause levels to rise!
- **Move more, stress less:** Aim for at least 150 minutes of physical activity each week to help manage weight and reduce stress, two major contributors to high blood pressure.
- **Stay on top of routine check-ups:** Regular doctor visits help monitor blood pressure and other key health markers. Whether your blood pressure is healthy or you're managing hypertension, personalized care can keep you on the right path.

## MAY RECIPES



SHEET PAN SPRING CHICKEN DINNER

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ZUCCHINI, RICOTTA AND LEMON PIZZA

[GET RECIPE](#)



SPRING GREEN RISOTTO

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