Start the Year Off Feeling Your Best

Take steps toward feeling your best and get rewarded while improving your health and wellness. Set daily goals, track progress, read articles and find out more information by visiting us online at www.magellanhealth.com/member.

**Quote of the Month**

“Arriving at one goal is the starting point to another.”

- John Dewey

**Featured Activity**

**Goal-Setting Success**

This program gives you the tools to identify your healthy living priorities, set your goals and achieve them.

Learn more on page 2

**Featured Article**

**Four Healthy Super Bowl Snacks**

Check out our list of favorite healthy snacks to get you through the game in style.

Read more on page 5

**Video Coaching Session**

**What is HIIT? Hint, it’s Intense!**

Increase strength, lose body fat, or enhance your cardiovascular fitness with Coach Jake!

Learn more on page 8
FEATURED ACTIVITY

Goal-Setting Success

With your health and wellness program you can identify your healthy living priorities, set goals, and get on track to achieve them. No matter what your performance or fitness goals may be, the steps to achieving them involve clearly defining what you want, and then setting up your environment to support you. No matter your performance or fitness goals, the steps to achieving them involve clearly defining what you want, and then setting up your environment to support you.

**STEP 1  IDENTIFY YOUR GOALS**

Rank the following in order of their importance to you:

- _____ Lose Weight
- _____ Eat Healthier
- _____ Stress Less
- _____ Quit Smoking
- _____ Drink Less Alcohol
- _____ Manage Money Better
- _____ Other (fill in the blank)

Losing weight and getting in shape have as much to do with your environment as they do with eating less and moving more. As proof, consider that research has shown that a lack of sleep minimizes weight loss and can even lead to poor eating choices. Unless your body gets what it needs, you can’t expect it to give you what you want.

To determine whether you’re thriving or surviving, take a closer look at your environment. In each area below circle how you rate yourself from 1 to 5 using the questions as a guide.

**Movement**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>SURVIVING</td>
<td>PRETTY GOOD</td>
<td>THRIVING</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Do you lead an active lifestyle? (Remember: It’s possible to exercise every day, yet be sedentary otherwise.)

- Is your movement (whether working out, on the job, etc.) healthy and comfortable?
(For example, you may perform well but struggle with aches and pains.)

• Is your approach to movement comprehensive? (Do you foam roll, mobilize your joints, warm-up and cool-down efficiently?)

**Nourishment**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surviving</td>
<td>Pretty Good</td>
<td>Thriving</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

• Do you eat fresh, whole foods? (Eating restaurant food frequently is associated with weight gain and processed, packaged foods have been shown to be less healthy than whole foods.)

• Do you have a balanced approach to eating? (Diets that promote limited or excessive amounts of proteins, carbs, and fat could stress you and your body more.)

• Do you rush when eating, or take time to enjoy your food? (Eating quickly has been shown to result in more calories consumed and feeling full for shorter periods of time.)

**Recovery**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surviving</td>
<td>Pretty Good</td>
<td>Thriving</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

• Do you have high sleep quality? (Being able to fall and stay asleep, and wake up easily are important considerations.)

• Do you sleep seven to eight hours per night? (Chronically sleeping less than seven hours tends to keep the body in survival mode.)

• Do you have scheduled downtime? (Having time to decompress, relax, and reflect helps restore your body from the stress of life.)

**Beliefs**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surviving</td>
<td>Pretty Good</td>
<td>Thriving</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

• Do you have more self-limiting or self-affirming beliefs about yourself? (Self-limiting beliefs can make you feel like attempting positive change is too difficult, while self-affirming beliefs lead to making choices that align with what you feel is important.)

• Do you have more of a “fixed” or “growth” mindset? (Fixed mindsets often lead to the path of least resistance while growth mindsets embrace new challenges. If you have a fixed mindset, you might think, “I’ve always eaten what I wanted and exercised this way so eventually this has to work.” With a growth mindset, you may think, “This approach is completely different but I’m willing to give it a shot; I’m open to
learning something new and I can probably grow from it.

• Are your behaviors consistent with your values? (Try to notice if, even if you value health, comfort, or your appearance, your behaviors don’t support those values.)

WHAT’S THE SCORE?

Add up your total score and divide it by 20 (the highest possible score). The resulting number is a percentage that indicates how well you’re managing your environment. For example, if your total score is 10, you’re operating at 50 percent of your potential (10 ÷ 20 = 50%).

Remember, a smaller percentage just means you have plenty of opportunities for improvement. For any facet of your environment in which you scored yourself lower than a 4 or 5, jot down a few ideas about what you can do to enhance that area of your life.

NOW WHAT?

Once you’ve identified your goals, and optimized your environment, take the next steps to realize them. No matter what you want to achieve, you’ll want to do the following:

1. **Make a plan**
   - Start with small simple things you can do on a routine basis.

2. **Record your progress**
   - Keep a log and track what you’ve done, whether it’s steps walked, calories burned, money saved or days without indulging a habit you want to break.

Reward yourself for victories along the way. Don’t wait until you’ve reached your ultimate goal – celebrate your progress as you go along. And if you slip a bit, be gentle with yourself. Remember, you’re in this for the long haul. Small, consistent steps will ultimately get you where you want to go.

*Shared with permission http://greatist.com/grow/change-environment-to-reach-every-goal*
The Super Bowl is all about football, fans, commercials — and most importantly — snacks. Don’t worry, just because we say guilt-free doesn’t mean you have to give up on flavor. Check out these recipes for 4 tasty, healthy treats.

**RECIPE**

**LIGHTENED-UP JALAPEÑO POPPER DIP**

This dip is perfect for a jalapeño popper that lasts longer than one pop. Made of a mixture of Neufchâtel cheese (essentially lower fat cream cheese), Greek yogurt, and a little mayo, this dish stays light while achieving the perfect creamy consistency. Spicy green chiles and jalapeños add some heat while panko breadcrumbs bring on the crunch.

Lightened Jalapeño Popper Dip Recipe (adapted from this non-lightened recipe)

**Ingredients**

- 1 8-oz. pack Neufchâtel cheese (basically the same as low-fat cream cheese)
- 1/2 c fat free greek yogurt
- 2 Tbsp mayonnaise (the real kind – this will give you the perfect texture to make it feel non-lightened)
- 1/2 c shredded mexican blend cheese (low fat if you prefer)
- 1/2 c parmesan
- 1/2 can diced green chilis (2 oz)
- 2 fresh jalapeños, seeded and minced
- salt & pepper to taste
- 1/2 c panko bread crumbs
- 1 Tbsp butter, melted

**Directions**

Preheat oven to 375 F. In a medium bowl, blend together Neufchâtel cheese, yogurt,
and mayo until smooth. Stir in 1/2 c mexican cheeses, 1/4 c of the parmesan, diced chilis, minced jalapeños, salt, and pepper. Remove dip to an oven-safe container (I just used a pie pan). Mix panko bread crumbs with melted butter and remaining parmesan, sprinkle mixture over top. Bake for 20 min, then switch to the broiler for 3 additional minutes to make the top extra golden brown.

**RECIPE**

**CORNMEAL PARMESAN CRUSTED SALMON FINGERS**

While chicken fingers will appear amongst many Americans’ Super Bowl snack spreads, these crispy baked salmon fingers are a fun way to class things up. Both the cornmeal-parmesan crust and the spicy lemon garlic mayo — made healthier with the addition of Greek yogurt — bring on the heat.

**Ingredients**

450 grams salmon fillets

For The Coating

1 cup yellow cornmeal

2 tablespoons grated parmesan

1/2 tsp spicy paprika

1/4 tsp chili flakes

1/8 tsp black pepper

1/2 tsp garlic powder

1/4 tsp dried oregano

salt to taste

1 egg

For The Dipping Sauce

1 cup fat free greek yogurt

3 tablespoons garlic mayo

1 teaspoon lemon juice

1/4 teaspoon chili flakes

salt and pepper to taste

**Directions**

Skin the salmon fillets. Cut each one into fingers. The number of fingers you get depends on the shape of your fillets. Try to use flatter ones! Salt the salmon fingers. Whisk the egg.

Whisk all of the ingredients of the coating but the egg. Dip each finger in the egg and then in the cornmeal mixture until it’s completely coated. Place in a baking tray. Bake at 400 F for 15 minutes. Turn out the broiler and bake them for 4-5 minutes more or until they’re golden and crispy outside.

**Notes**

This recipe is gluten free, and the fingers can be made dairy free if you leave out the parmesan, as there’s not much difference. These are best served freshly made.

**RECIPE**

**CHOCOLATE TORTILLA CHIPS AND COOKIE DOUGH DIP**

Two things right off the bat. One, this dip actually tastes like cookie dough (and it’s healthy). Two, we’re talking about chocolate-flavored tortilla chips, not actual chocolate chip morsels. Don’t tell anyone at the party: The gooey dip is made mostly from chickpeas (gasp!), a good source of high-quality protein. Not into the chocolate chips (or can’t find ‘em)? Try swapping in apple slices or homemade cinnamon pita chips.
Ingredients
1 1/2 cups chickpeas or white beans (1 can, drained and rinsed very well) (250g after draining)
1/8 tsp plus 1/16 tsp salt
just over 1/8 tsp baking soda
2 tsp pure vanilla extract
1/4 cup nut butter of choice (If you use peanut butter, it will have a slight “pb cookie dough” taste, so if you don’t want this, try the Deep Dish Cookie Pie, unbaked instead)
up to 1/4 cup milk of choice, only if needed
Sweetener of choice (see note below, for amount)
1/3 cup chocolate chips, or Sugar-Free Chocolate Chips
2 to 3 tbsp oats (Ground flax will also work)

Directions
Add all ingredients (except for chocolate chips) to a good food processor, and process until very smooth. Then mix in the chocolate chips. (Some commenters have had success with a blender, but I did not. Try that at your own risk, and know the results will be better in a high-quality food processor such as a Cuisinart.) If made correctly and blended long enough, this should have the exact texture of real cookie dough!

Sweetener Notes
I used 2/3 cup brown sugar when I first made this for the party. Liquid sweeteners (agave, maple, etc.) are fine as well, as is evaporated cane juice. You can get away with less sugar – some people will be perfectly fine with just 3 tbsp for the whole recipe! And if you don’t want any sugar, be sure to check out the “no-sugar” version.

RECIPE
MINI VEGGIE “CEVICHE” TACOS
Easily the prettiest dish to grace the Super Bowl, these one-bite vegetarian tacos bring some sunshine to this year’s potentially blustery game. Featuring the likes of roasted Poblano peppers, corn, red pepper, and hearts of palm this light, veggie-filled snack looks as pretty as it tastes good.

Veggie ceviche
1 (14 ounce) can hearts of palm, slice into 1/4 inch pieces
1/4 cup very thin red onion slices
1/2 Poblano, roasted & chopped (about 1/4 cup)
1/4 cup corn kernels
1/4 cup chopped scallions
1/4 cup red pepper, diced
1/4 cup chopped cilantro
1/4 cup lime juice
1 tablespoon olive oil
salt

Directions
Mix everything together. Let chill in the fridge for 20 minutes or so. Taste & adjust seasonings and serve with tortillas.

Adapted from food.com
**Whitefish ceviche:**

5 oz whitefish such as sea bass, snapper or tilapia
1/4 cup lime juice (plus extra at the end, to taste)
1/4 cup thinly sliced red onion
1/4 cup corn kernels
1/4 cup chopped scallions
1/4 cup red pepper, diced
1/2 Poblano, roasted & chopped (about 1/4 cup)
salt

Chop fish into small slices. Place in a bowl and mix with the lime juice. Let it sit and “cook” in the fridge for at least 20 minutes. Remove and drain some of the liquid. Add salt, all veggies, and another squeeze of lime. Taste and adjust. Refrigerate for another 15 minutes or so and serve.

Log into [www.magellanhealth.com/member](http://www.magellanhealth.com/member) for more articles and recipes.