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# The Stall Street Journal

## Flu Season



The first and most important step in preventing flu is to get a flu vaccination each year. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

For more information visit [www.cdc.gov](http://www.cdc.gov)

## Easy Dip For Super Bowl Smoky Guacamole

The secret to super-addictive guac is grilled avocados.

**Total Time:** 0:15  
**Prep:** 0:10  
**Level:** Easy  
**Yield:** 1 1/4 cup



### Ingredients

- 2 ripe avocados, halved and pitted
- 2 tsp. vegetable oil
- 3 tbsp. fresh lime juice
- 1 clove garlic, crushed with press
- 1/2 tsp. ground chipotle chile
- 1/4 c. finely chopped red onion
- 1/4 c. finely chopped fresh cilantro
- Tortilla Chips, for serving

### Directions

1. Heat grill to medium-high. Brush cut sides of avocados with oil. Grill 2 to 4 minutes or until grill marks appear.
2. Transfer avocados to cutting board; cool slightly. Remove avocados from peel. Mash with lime juice, garlic, chipotle, and 1/2 teaspoon salt until almost smooth. Stir in red onion and cilantro. Transfer to serving bowl. Refrigerate, covered, until cold, about 1 hour. Serve with tortilla chips.

### Nutritional Information

(per 1/3 cup): Calories 190; Protein 2g; Carbohydrate 11g; Total Fat 17g; Saturated Fat 2g; Dietary Fiber 7g; Sodium 265mg

Source: [goodhousekeeping.com](http://goodhousekeeping.com)

## Exercise That Fits You

Regular exercise is one of the best things you can do for your health. It has many benefits, including improving your overall health and fitness, and reducing your risk for many chronic diseases. There are many different types of exercise; it is important that you pick the right types for you. Most people benefit from a combination of them:

- Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Examples include brisk walking, jogging, swimming, and biking.
- Strength, or resistance training, exercises make your muscles stronger. Some examples are lifting weights and using a resistance band.
- Balance exercises can make it easier to walk on uneven surfaces and help prevent falls.
- Flexibility exercises stretch your muscles and can help your body stay limber.



Source: [medlineplus.gov](http://medlineplus.gov)

## KNOW YOUR NUMBERS!

Knowing your numbers is important! The American Heart Association recommends that you be aware of five key numbers: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI).



These numbers are important because they will allow you and your healthcare provider to determine your risk for developing Cardiovascular Disease by Atherosclerosis. This includes conditions such as Angina (chest pain), Heart Attack, Stroke (caused by Blood Clots) and Peripheral Artery Disease (PAD).

Learn about your health numbers by scheduling a Well-Woman Visit with your healthcare provider today.

For more information please visit [www.goredforwomen.org](http://www.goredforwomen.org)

# Happy Valentine's Day

Brought to you by:

