



## FEBRUARY NEWSLETTER

### Avocado & Corn Salsa



#### Ingredients:

- 1 avocado, diced
- 3/4 C frozen corn kernels, thawed
- 1/2 C grape tomatoes, quartered
- 1 Tbsp fresh cilantro, chopped
- 2 tsp lime juice
- 1/4 tsp salt

#### Directions:

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a bowl.
2. Chill for one hour and serve with tortilla chips.

### Be Good to your Heart!

*February is American Heart Month—a great reminder to focus on cardiovascular wellness, especially in colder months when activity dips and comfort foods tempt.*

- **Know your numbers.** Have your blood pressure checked monthly. Check with your health professional to learn more about your blood pressure and cholesterol numbers.
- **Get moving!** Spend at least 30 minutes most days of the week being active. Heart-healthy activities include brisk walking, yoga, and stair climbing.
- **Drop excess pounds** – they stress your heart muscle. Take steps to get to or maintain a healthy weight. Talk to your health professional about what's healthiest for you.
- **Make fiber your friend.** Include plenty of fruit, veggies and whole grains in your diet.

### Seasonal Foods

Try including seasonal foods into your diet this month.

### What's in Season in February



### News Update

SAVE THE DATE!

The Spring Health Fair will be  
Wednesday and Thursday, April  
22<sup>nd</sup> & 23<sup>rd</sup>.



\*More details to follow