

Strive for Wellness®

April 2019

# Newsletter

Move Your Way™

What's Trending in  
Health and News

Featured  
Healthy Recipe

Upcoming  
*Strive for Wellness®*  
Team Events/Visits

## Upcoming Health Education Tables:

Tuesday, April 2, 1:30 - 3:30 p.m.  
Women's Eastern Reception  
Diagnostic and Correctional Center  
Vandalia, Mo.

Wednesday, April 3, 11:30 a.m. - 1:30 p.m.  
Broadway Building  
Jefferson City, Mo.

Wednesday, April 3, 12 - 4 p.m.  
Tan-Tar-A Resort  
Lake of the Ozarks, Mo.

Wednesday, April 10, 10 a.m. - 2:30 p.m.  
St. Louis Psychiatric Center  
St. Louis, Mo.

natura)(y)slim®

Naturally Slim is a simple online program that will teach you how to lose weight and improve your health while eating the foods you love.

Application window open April 1-12, 2019  
at [www.naturallyslim.com/MCHCP](http://www.naturallyslim.com/MCHCP)

 TELADOC

Register for Teladoc with three easy ways: online, mobile app or phone. Once registered, you can speak with a licensed doctor within minutes when you need care fast. Anytime. Anywhere.

Contact information for Naturally Slim and Teladoc is available at:  
<http://www.mchcp.org/stateMembers/contacts.asp#other>

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

 **Strive**  
for Wellness

## The Office of Disease Prevention and Health Promotion recommends:

- Preschool-aged children (3-5 years) should be active for at least 3 hours throughout the day to enhance growth and development.
- Youth ages (6-17 years) need at least 60 minutes of moderate-to-vigorous activity each day for optimal health benefits, and to make their muscles and bones strong.
- Adults aged (18+ years) need at least 150-300 minutes of moderate-intensity aerobic activity each week, and muscle-strengthening activities at least 2 days per week.

Any amount of physical activity has health benefits, and all forms of physical activity can help offset associated risks. Any amount of movement matters!



**Pro  
Tip**

## Recipe

### Cranberry Pistachio Granola Bars

Looking for a healthful grab-and-go snack to take on your next hiking trip? These homemade granola bars are just the thing! Make ahead of time, and store in the refrigerator. You can also freeze the bars for later use.

Servings: 16 squares

- 1 cup old-fashioned oats
- 1/4 cup pistachios, roughly chopped
- 1/4 cup pumpkin seeds
- 2 tablespoons ground flaxseed
- 1 cup whole grain puffed rice cereal (unsweetened)
- 1/4 cup dried cranberries, chopped
- 1/4 cup creamy natural peanut butter or almond butter
- 1/4 cup honey
- 1/2 teaspoon vanilla extract



### Directions

1. Preheat oven to 350 degrees. Spray an 8x8 or 9x9 square pan with non-stick cooking spray and set aside.
2. On a baking sheet (preferably with a rim) add oats, pumpkin seeds and flaxseed, and combine until well-mixed.
3. Place this mixture in the oven and bake for about 3 minutes. Then, add pistachios, and continue baking for an additional 2-3 minutes. Watch closely: The nuts will burn if overcooked!
4. Remove oat mixture from the oven, and place in a large bowl.
5. Add cranberries and puffed rice cereal. Toss, and set aside.
6. Combine peanut butter, honey and vanilla in a small saucepan, and cook over medium heat for about 3 minutes, stirring until bubbles appear.
7. Remove from heat, and pour over oat mixture.
8. Stir with a spatula until well-combined, and transfer to the greased square pan, pressing with spatula until mixture is flat and even.
9. Refrigerate for 45 minutes to an hour, until the bars are cool and firm. Cut the bars into squares, and store covered in the refrigerator.

### Nutrition Per Serving:

94 calories, 3.8g total fat, 1g saturated fat, 2mg sodium, 14g carbohydrates, 2.5 protein.

Looking for more recipe ideas? Check out the *Strive for Wellness*® Health Library!