



FIT

MONTHLY NEWSLETTER

February

HEALTHY EATING TIP

Dietary Guidelines for Americans

The latest Dietary Guidelines for Americans are in and they put a strong focus on eating real, whole foods. These evidence-based recommendations encourage meals built around:

- Lean proteins
- Healthy fats
- Dairy
- Fruits and vegetables
- Whole grains

The guidelines also stress limiting highly processed foods, added sugars, and refined carbohydrates like white bread

Eating real food doesn't have to be complicated, it's about choosing foods closer to their natural form whenever possible.



Foods to limit or avoid:

- Chips, cakes, cookies, and donuts
- Candy and sugary snacks
- Hot dogs and other highly processed meats

Foods to focus on instead:

- Whole fruits and vegetables
- Real meats like chicken, fish, beef, and pork
- Dairy products
- Healthy fats like olive oil, avocado, and beef tallow
- Nuts and seeds like almonds, chia seeds, and pistachios
- Whole grains like oatmeal and whole-grain bread

EXERCISE OF THE MONTH

by Eschman Physical Therapy

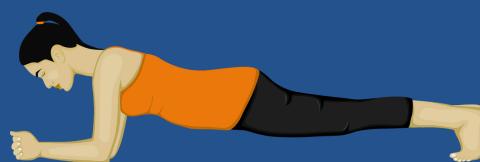
Planks are a simple but powerful exercise that deliver a full-body workout, no equipment required. While they're best known for strengthening your core (abdominals and obliques), planks also engage your arms, shoulders, glutes, and legs.

Adding planks to your routine can help:

- Strengthen and tone your core
- Improve posture and balance
- Reduce chronic back pain
- Support fat burning and muscle maintenance

The best part? Just one minute a day can make a big difference.

PLANK - 60 SECS



Start in a high plank, hands under shoulders and legs extended back. Maintain a straight line from head to heels by engaging your core and glutes. Keep your body parallel to the floor, holding for 60 seconds or maximum form.

RECIPE OF THE MONTH

Southwestern Stuffed Peppers

Ingredients:

Calories: 112 Per Pepper

- 5 bell peppers, halved and seeded (any color)
- ½ cup chopped onion
- 1½ cloves garlic, chopped (or pre-minced equivalent)
- 3 cups cooked brown rice
- 1 can diced tomatoes with chilies
- ½ can corn, drained
- Cooking spray
- ½ cup shredded cheddar cheese

Directions:

- Blanch peppers in boiling water for 2 minutes, then drain and set aside
- Cook onion and garlic in oil over medium-high heat for 3 minutes
- Mix rice, tomatoes with chilies, corn, and onion mixture together
- Spoon mixture into pepper halves and place on a sprayed baking sheet
- Bake at 350°F for 10 minutes
- Remove, sprinkle with cheese, and bake for another 10 minutes

Protein boost: Add 1 lb of lean ground beef or ground turkey (browned) to the mixture.

For more healthy recipes and healthy eating information, scan the QR Code.



PATIENT SURVEY

2 - mins!

We want your feedback! To better serve our patients, we are now sending out surveys via text message to FIT patients once per quarter. Be sure to fill out this short survey to let us know what you think about ONE Health FIT!

Scan QR Code



We also would like to encourage you to leave a review about your experience with FIT on our **google page** by googling "**ONE Health FIT**"



FIT PROGRAM REMINDERS

ONE Health FIT is about more than weight management, we're here to support your whole health. We also offer help with **tobacco cessation**.

Smoking increases the risk of:

- Heart attack and stroke
- High blood pressure
- Multiple types of cancer
- Breathing problems like COPD

If you're ready to quit or even just thinking about it, talk with your clinician. We'll work with you to create a personalized plan to help you quit for good

We offer support every step of the way, including:

- Prescription medications (varenicline or bupropion)
- Nicotine replacement therapy (patches, lozenges, gum)
- Tips, tools, and encouragement
- Behavioral health counseling
- Ongoing support at your FIT appointments