

# PURSUIT

JULY 2022

Florida Blue   
BetterYou 

A monthly wellness newsletter from Better You



## The Benefits of the Great Outdoors

Nature, sunlight, landscapes, fresh air, movement...the beauty and benefits found outdoors are endless. Getting outside can make you happier and healthier. Research has found that it reduces stress, lessens anxiety, improves sleep, and more. Your physical and mental well-being can be greatly influenced by the outdoors. Make it a point this summer to take advantage of these benefits.

The outdoors offers many opportunities for physical activity. You can go for walks around your neighborhood, jog down the beach, or hike a trail with your family. Other options include bike rides to see the sunset, a swim in your community pool, or playing

sports with friends at your local park. Being outdoors is also a great place to be while we still face the COVID-19 pandemic. The Centers for Disease Control and Prevention suggests being outside is a safe place to spend time with others compared to being solely indoors.

Check out your city's website for information on local Parks and Recreation Department offerings. Many plan events, classes, and special programs during the summer for you and your family to participate in, along with summer camps for kids.

While getting outside is healthy, it's essential to protect yourself from too much sun. Stay in the shade whenever possible and

wear protective clothing, wide-brimmed hats and sunglasses. Try to go outside more during off-peak sun hours in the early morning or evening. Be sure to apply / reapply broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher.

There are many ways to get outside and soak in all the benefits. Try some new outdoor activities this month and see what you like best. Take advantage of local Parks and Recreation Department events and include your family and friends. Explore, even in your own backyard. Being active is one of the most important things you can do to improve your health, so set a goal to get outdoors and exercise today!

**Resources:** [cdc.gov](https://www.cdc.gov); [www.webmd.com](https://www.webmd.com), [www.aad.org](https://www.aad.org)

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# Get in the Swim of Things

What better way to beat the summer heat than swimming? Swimming for exercise has multiple benefits. Let's consider some reasons why below:

1. It's a great cardiovascular workout. This form of exercise works the heart and makes it a more efficient pump.
2. It can improve your lung capacity due to using breath control in the water.
3. Swimming strengthens muscles due to the resistance of the water, and using all four strokes can target almost all the muscles of the body.
4. It is easy on the joints and helpful for anyone with arthritis or chronic pain. Because it is low impact it can also be a wonderful workout for a pregnant woman.
5. It's shown to reduce stress, depression and anxiety.
6. Swimming improves problem solving skills and memory.
7. No matter your skill level, you can move at your own pace. Regular swimming 30 minutes per session at least 3 days a week has shown improved fitness levels and has helped with weight management.



8. It allows you to disconnect from all forms of media and focus on being in the water.

[Click here](#) to to access a few workouts that are great for beginners.

Resource: [USMS.org](https://www.usms.org)

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## Creamy Pesto Chicken Salad with Greens (Serves 4)

### Ingredients:

- 1 pound boneless, skinless chicken breast, trimmed
- ¼ cup pesto
- ¼ cup low-fat mayonnaise
- 3 tbsp finely chopped red onion
- 2 tbsp extra virgin olive oil
- 2 tbsp red wine vinegar
- ¼ tsp salt
- ¼ tsp ground pepper
- 1 5 -ounce packaged mixed salad greens (about 8 cups)
- 1 pint grape or cherry tomatoes, halved

### Directions

Place chicken in a medium saucepan and add water to cover by 1 inch. Bring to a boil. Cover, reduce heat to low and simmer gently until no longer pink in the middle, 10 to 15 minutes. Transfer to a clean cutting board; shred into bite-size pieces when cool enough to handle.

Combine pesto, mayonnaise and onion in a medium bowl. Add the chicken and toss to coat. Whisk oil, vinegar, salt and pepper in a large bowl. Add greens and



tomatoes and toss to coat. Divide the green salad among 4 plates and top with the chicken salad.

Recipe courtesy of [Eatingwell.com](https://www.eatingwell.com); for nutritional information click [here](#).

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ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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