Messing Toolkit

INTRODUCTION
Healthy for Life® is a community-based nutrition and wellbeing program created by Aramark and the American Heart Association to:
• Empower people to make healthy food and lifestyle choices.
• Help change attitudes and behaviors related to food and cooking.
• Equip people with new skills and habits for healthy living.

PURPOSE OF THE TOOLKIT
The February Healthy for Life Messaging Toolkit is part of a 12-month playbook for organizations with materials to promote for each month of the year. The Toolkit reinforces the wellbeing, cooking, grocery shopping and gardening messages from the Healthy for Life program. Many of the infographics and articles can also be found in the Healthy for Life educational experiences.

The February Toolkit breaks the month down by theme and provides you with turn-key content:
• Infographics
• Articles
• Social media graphics
• Facebook and Twitter messages
• Recipes

HOW TO USE THE TOOLKIT MATERIALS
• Promote through your organization website.
• Post on your social networking sites (such as Facebook, Instagram and Twitter).
• Email to organization members.
• Display in high traffic areas of your organization.

This Healthy for Life Messaging Toolkit was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 by 20 Initiative. We are proud to be working together to help improve the health of all Americans.
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INFOGRAPHIC: Life’s Simple 7 Infographic

BE HEALTHY FOR GOOD WITH LIFE’S SIMPLE 7

GET ACTIVE
Try to get at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of both). Even two or three 10-15 minute bursts of exercise can be beneficial, and all these little steps will lead to big gains in the long run.

EAT BETTER
Eat a colorful diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Try to limit sugary foods and drinks, fatty or processed meats and salt.

LOSE WEIGHT
Maintaining a healthy weight is important for your health. To lose weight, you need to burn more calories than you eat. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

CONTROL CHOLESTEROL
Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol.

MANAGE BLOOD PRESSURE
Blood pressure is the force of blood pushing against blood vessel walls. Sometimes the pressure in arteries is higher than it should be, a condition known as high blood pressure. Stress and poor diet have both been linked to high blood pressure, so it’s important to be well and eat smart to help positively influence your blood pressure numbers.

REDUCE BLOOD SUGAR
Blood glucose (aka sugar) is an important fuel for your body. It comes from the food you eat, so it’s important to eat smart. Cut out added sugars by checking nutrition fact labels and ingredients, limiting sweets and sugary beverages, choosing simple foods over heavily processed ones and rinsing canned fruits if they are in syrup. And you can move more, because moderate-intensity aerobic physical activity can also help your body respond to insulin.

STOP SMOKING
Not smoking is one of the best things you can do for your health. Smoking damages your circulatory system and increases your risk of multiple diseases, but the good news is that your lungs can begin to heal themselves as soon as you stop. Moving more can help you on your journey, since physical activity can help you manage stress.

LEARN MORE AT HEART.ORG/NUTRITIONCHECK
INFOGRAPHIC: What is a Healthy Diet Recommended Serving Infographic

A healthy eating pattern is about smart choices. The American Heart Association suggests these daily amounts.*

**VEGETABLES**
Canned, dried, fresh & frozen
5 servings or 2.5 cups

**FRUITS**
Canned, dried, fresh & frozen
4 servings or 2 cups

**WHOLE GRAINS**
Barley, brown rice, millet, oatmeal, popcorn and whole wheat bread, crackers & pasta
3-6 servings or 3-6 ounces

**DAIRY**
Low fat (1%) and fat free
3 servings or 3 cups

**PROTEINS**
Eggs, non-fried fish, lean meats, legumes, nuts, skinless poultry & seeds
1-2 servings or 5.5 ounces

**OILS**
Polyunsaturated and monounsaturated canola, olive, peanut, safflower & sesame oil
3 tbsp

Food should give you energy — not weigh you down! With a few simple changes, you can make eating healthy your easiest habit.

**LIMIT**
Sugary drinks, sweets, fatty meats, and salty or highly processed foods

**AVOID**
Partially hydrogenated oils, tropical oils, and excessive calories

**REPLACE**
Highly processed foods with homemade or less-processed options

**ENJOY**
A variety of nutritious foods from all of the food groups, especially fruits & veggies

**KEEP**
Healthy habits even when you eat away from home

*Servings are based on AHA’s Healthy US-Style Eating Pattern for 2,000 calories/day. Your calorie needs may be different. Servings equivalent may depend on hours of food. More info on www.healthyforlife.org/SmartServing.
There are so many reasons why regular activity boosts your health. Read to learn what those are and how you can incorporate exercise into your day.

We know that staying active is one of the best ways to keep our bodies healthy. But did you know it can also improve your overall well-being and quality of life?

Here are just a few of the ways physical activity can help you feel better, look better and live better. Because, why not?

**IT'S A NATURAL MOOD LIFTER.**

Regular physical activity can relieve stress, anxiety, depression and anger. You know that “feel good sensation” you get after doing something physical? Think of it as your daily dose of happiness. Most people notice they feel better over time as physical activity becomes a regular part of their lives. It keeps you physically fit and able.

Without regular activity, your body slowly loses its strength, stamina and ability to function properly. It’s like the old saying: you don’t stop moving from growing old, you grow old from stopping moving. Exercise increases muscle strength, which in turn increases your ability to do other physical activities.

**IT HELPS KEEP THE DOCTOR AWAY.**

Stand up when you eat your apple a day! Too much sitting and other sedentary activities can increase your risk of heart disease and stroke. One study showed that adults who watch more than 4 hours of television a day had an 80% higher risk of death from cardiovascular disease.

**Being more active can help you:**

- Lower your blood pressure
- Boost your levels of good cholesterol
- Improve blood flow (circulation)
- Keep your weight under control
- Prevent bone loss that can lead to osteoporosis

All of this can add up to fewer medical expenses, interventions and medications later in life!

**IT CAN HELP YOU LIVE LONGER.**

It’s true, 70 is the new 60… but only if you’re healthy. People who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese. And the important part is that those extra years are generally healthier years! Staying active helps delay or prevent chronic illnesses and diseases associated with aging. So active adults maintain their quality of life and independence longer as they age.

CONTINUED ON NEXT PAGE >
HERE ARE SOME OTHER BENEFITS YOU MAY GET WITH REGULAR PHYSICAL ACTIVITY:

- Helps you quit smoking and stay tobacco-free.
- Boosts your energy level so you can get more done.
- Helps you manage stress and tension.
- Promotes a positive attitude and outlook.
- Helps you fall asleep faster and sleep more soundly.
- Improves your self-image and self-confidence.
- Provides fun ways to spend time with family, friends and pets.
- Helps you spend more time outdoors or in your community.

The American Heart Association recommends at least 150 minutes of moderate activity each week. That’s only 30 minutes a day, 5 days a week. And three 10-minute brisk walking breaks count toward your goal.

So, this is easy! As they say, just move. You don’t have to make big life changes to see the benefits. Just start building more activity into your day, one step at a time.
We all have stress — at work, at home, and on the road. Sometimes we can feel especially stressed because of a bad interaction with someone, too much work, or everyday hassles like getting stuck in traffic.

Negative stress can keep you from feeling and performing your best — mentally, physically and emotionally. But no one’s life is completely stress-free. It’s important to know how to manage the stress in your life. Try these three simple techniques for dealing with it.

**POSITIVE SELF-TALK**

Let’s be honest, we all talk to ourselves! Sometimes we talk out loud but usually we do it in our heads. Self-talk can be positive (“I can do this” or “everything will be OK”) or negative (“I’ll never get better” or “I’m so stupid”). Negative self-talk increases stress. Positive self-talk can help you calm down and control stress.

With practice, you can learn to shift negative thoughts to positive ones. **For example:**

**Negative to Positive**

- “I can’t do this.” > “I’ll do the best I can. I’ve got this.”
- “Everything is going wrong.” > “I can handle this if I take one step at a time.”
- “I hate it when this happens.” > “I know how to deal with this; I’ve done it before.”
- “I feel helpless and alone.” > “I can reach out and get help if I need it.”
- “I can’t believe I screwed up.” > “I’m human, and we all make mistakes. I can fix it.”

To really make it work, practice positive self-talk every day — in the car, at your desk, before you go to bed or whenever you notice negative thoughts. It’s a great practice to teach kids, too!
TOP 10 EMERGENCY STRESS-SToppers
Emergency stress stoppers are actions to help you defuse stress in the moment. You may need different stress stoppers for different situations, and sometimes it helps to combine them. Here are some ideas:

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body un-clench a bit.
3. Go for a walk, even if it’s just to the restroom and back. It can help break the tension and give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it’s not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
6. Walk away from the situation for a while, and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once.
8. Turn on some chill music or an inspirational podcast to help you deal with road rage.
9. Take a break to pet the dog, hug a loved one or do something to help someone else.
10. Work out or do something active. Exercise is a great antidote for stress.

STRESS-BUSTING ACTIVITIES
Doing things you enjoy is a natural way to relieve stress and find your happy place. Even when you’re down, you may find pleasure in simple things like going for a walk, catching up with a friend, or reading a good book.

When stress makes you feel bad, do something that makes you feel good, even if only for 10 or 15 minutes. Some of these activities may work for you:

- Make art – draw, color, paint, or play a musical instrument.
- Work on a scrapbook or photo album to focus on good memories.
- Read a book, short story or magazine.
- Meet a friend for coffee or a meal.
- Play a favorite sport like golf, tennis, or basketball.
- Do a hobby like sewing, knitting, or making jewelry.
- Play with your kids or pets – outdoors if possible.
- Listen to music or watch an inspiring performance.
- Take a walk in nature.
- Take a relaxing bath and feel the stress wash away.
- Meditate or practice yoga.
- Work in the garden or do a home improvement project.
- Go for a run or bike ride to clear your head.

The key is to find your groove and make it a practice. You’ll be amazed at how quickly you may start to feel better once you disrupt the cycle of stress.
Did you participate in #21DaysofGratitude? We hope so! If you did, you’re all geared up to create some seriously great habits. Pick one thing from our Life’s Simple 7 program and start chipping away, so you can be #HealthyForGood
Want to be healthier, but don’t know where to start? Take a nap! Making sure you get at least 7-9 hours of sleep – preferably all at once, but power naps count too – is a really easy (and enjoyable) way to be #HealthyForGood from head to toe. Learn more at heart.org/BeWell #AmericanHeartMonth
RECIPE: Classic Margherita Pizza with Whole Wheat Pizza Crust

Per serving:
170 Calories
2.0 g Sat. Fat
123 mg Sodium

Serving size: 1 slice
Makes 8 servings

This Italian Simple Cooking with Heart recipe is sure to become a family favorite!

INGREDIENTS

For the Pizza Sauce:
- 8 oz canned, no salt added tomato sauce
- ½ small fresh, chopped onion (about ¼ cup)
- 1 clove fresh garlic (minced)
  - or 1 tsp jarred, minced garlic
- 2 Tbsp fresh basil (chopped, fresh)
  - or 2 tsp dried basil
- 1 tsp extra virgin olive oil
- ¼ tsp crushed red pepper (depending on your preference of spice level)

For the Pizza and Toppings:
- 1 12-inch whole-wheat pizza crust
- ¼ cup low-fat, part-skim ricotta cheese
- ¾ cup low-moisture, part-skim mozzarella cheese (shredded)
- 1½ cup diced, fresh tomatoes or 8 oz canned, no-salt-added, diced tomatoes (drained)
- 2 Tbsp fresh basil (coarsely chopped or torn into pieces) or 1 tsp dried basil
- Nonstick cooking spray

For the Homemade Pizza Crust:
- 2¼ tsp dry yeast
- ¼ tsp sugar
- 1½ cup warm water
- 2½ + ¼ cup all-purpose flour (divided use)
- 1 cup whole-wheat flour
- 1 Tbsp extra virgin olive oil
  - or vegetable or canola oil
- ¼ tsp salt
- 2 Tbsp fresh, finely chopped rosemary
  - or 2 tsp dried rosemary
- 4 tsp minced garlic
- Nonstick cooking spray

NUTRITION TIP:
Nutrition information in table to the left is with homemade crust.

NUTRITION FOR STORE BOUGHT CRUST:
153 Calories
2.5 g Sat. Fat
258 mg Sodium

CONTINUED ON NEXT PAGE >
**RECIPE:** Classic Margherita Pizza (continued)

**DIRECTIONS**

**For the Pizza Sauce:**
1. In a small saucepan, over medium heat, cook garlic and onion in olive oil until soft, but not brown.
2. Add remaining sauce ingredients, reduce heat and simmer for about 15 minutes.

**For the Pizza and Toppings:**
1. Preheat oven to 450° F.
2. In a small saucepan, over medium heat, cook garlic and onion in olive oil until soft, but not brown. Add remaining sauce ingredients, reduce heat and simmer for about 15 minutes.
3. Carefully transfer pizza dough (if using homemade raw dough, see recipe below) onto a baking sheet lined with foil and sprayed with cooking spray. Or if using store-bought, transfer to baking sheet lined with foil. Layer dough or crust with pizza sauce, cheese, tomatoes and basil.
4. Bake 10-20 minutes. Pizza is ready when crust is golden brown and cheese is bubbly. Cooking time will be slightly longer with raw, homemade dough. Watch closely!

**For the Homemade Pizza Crust:**
1. In a large bowl, combine the water, yeast, and sugar, stirring to dissolve the yeast and sugar. Let stand for 5 minutes. When measuring the flour, lightly spoon the flour into measuring cups and level off using a knife. Add both types of flour, oil, and salt to the yeast mixture. Stir with a spatula or wooden spoon until all ingredients are mixed well.
2. On a well-floured surface (use all-purpose flour), turn dough out and knead with hands until dough is smooth and elastic, about 10 minutes. While you are kneading the dough add additional flour, 1 tablespoon at a time, so the dough is more manageable. Dough should feel slightly sticky and tacky.
3. Place dough in a large bowl that is coated well with cooking spray. Sprinkle rosemary and garlic over dough and knead lightly one more time, until slightly incorporated into dough. Spray once more over dough ball and cover. Let dough rise in a warm place (85° F), like a cupboard or pantry for about 45 minutes. Dough is ready when it has doubled in size and when you place two fingers into dough, the indentation remains. When it is ready, punch down dough by inserting fist into dough ball and releasing some of the air.
4. Cover and let rest another 5 minutes. Divide dough ball in half.
5. On a floured surface roll one half into a 12” circle. Top with ingredients above and bake.
RECIPE: Turkey Chili

Per serving:
347 Calories
0.5 g Sat. Fat
129 mg Sodium

Serving size: 1½ cups
Makes 6 servings

Warm up with this Classic American staple turkey chili.

INGREDIENTS
- Cooking spray
- 1½ Tbsp. canola or corn oil
- 1 medium or large onion, chopped
- 20 oz. ground, skinless turkey breast
- 2 large garlic cloves (minced) or ½ tsp. garlic powder
- 2 tsp. chili powder
- ½ tsp. pepper
- ½ tsp. ground cumin
- 15.5 oz. canned, no-salt-added pinto beans (rinsed, drained)
- 15.5 oz. canned, no-salt-added black beans (rinsed, drained)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1¼ cups fat-free, low-sodium chicken broth
- 1 cup frozen whole-kernel corn
- 6 oz. canned, no-salt-added tomato paste
- 4 medium green onions ((green part only), sliced)

DIRECTIONS
1. Lightly spray a Dutch oven with cooking spray. Add the oil and heat over medium-high heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring occasionally.
2. Reduce the heat to medium. Stir in the turkey. Cook for 5 minutes, or until browned, stirring frequently to turn and break up the turkey.
3. Stir in the garlic, chili powder, pepper, and cumin. Stir in the remaining ingredients except the green onions. Cook for 5 to 7 minutes, or until heated through, stirring frequently. Just before serving, sprinkle with the green onions.

This recipe is brought to you by the American Heart Association's Go Red For Women movement. Recipe copyright © 2016 by the American Heart Association.