MAY

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 May 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 May 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: How to Sleep Better Infographic

Is your phone keeping you up at night? With a few tweaks to your tech habits, you can wake up more refreshed and ready to face the day.

**MOVE IT**
- Charge your device as far away from your bed as possible. Added bonus? The distance may help you feel less overwhelmed in general.

**DIM IT**
- Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your circadian rhythm and melatonin production.

**SET IT**
- Alarms aren’t just for waking up – set a bedtime alarm to remind you that it’s time to wrap it up for the night.

**LOCK IT**
- If you’ve got a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming.

**BLOCK IT**
- Tell notifications to buzz off if they’re waking you up at night. Put your phone on “do not disturb” mode to block it all out when you’re trying to sleep.
INFOGRAPHIC: Tips to Lower Stress Infographic

Everybody gets stressed sometimes. Do you have a plan for the next time your mental pedal is to the metal?

TRY THESE TIPS TO GET OUT OF STRESS FAST.

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body unclench 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. Chill out with music or an inspirational podcast to help you reign less on the road.
9. Take a break to pet the dog, hug a loved one or help someone out.
10. Work out or do something active. Exercise is one of the best antidotes for stress.

GET MORE WELLNESS TIPS AT HEART.ORG/HEALTHYFORGOOD
Feeling stressed out? It can have lasting effects on your health and wellbeing. But there are ways to manage stress and its symptoms that can help you feel better.

**STRESS STINKS! WHAT CAN YOU DO ABOUT IT?**

Stress is a fact of life. A 2017 American Psychological Association survey found that a whopping 80% of respondents reported experiencing at least one symptom of stress over the past month.1 Does this describe you?

Sometimes we stress over good things, like a long line at a brunch spot, a new job, an upcoming wedding, or a new baby. And other times it’s over not-so-good things like being sick, working too much, or family drama.

**STRESS CAN AFFECT YOUR MENTAL AND PHYSICAL HEALTH IN SO MANY WAYS.**

Long-term activation of your body’s stress response system, along with prolonged exposure to cortisol and other stress hormones, may put you at risk for health troubles like:2,3

- Digestive problems
- Anxiety
- Headaches
- Depression
- Sleep problems
- Weight gain
- Memory and concentration issues
- High blood pressure
- Heart disease and stroke

**SO WHAT CAN WE DO ABOUT STRESS?**

You want to avoid all these, right? Us too! Luckily, small changes are easy to try. We even have a nifty list! Let’s get started:

**Get giggling.** Make silly faces with the family, have a staring contest, watch videos of babies and puppies – whatever gets your belly moving, try blowing off some steam with some laughs! Bonus points if you laugh till you cry.

**Let’s list.** Making a list can help you decide what’s actually important to do today so you don’t feel buried all the time. Added bonus? You’ll feel a sense of accomplishment when you cross things off as “done.” We can practically hear you saying “aaaaahhhhh” already.

**Find a friend.** Take a 60-second social break to message someone with a “Hello!” And hey, if it turns into a longer chat, we won’t tell!

**Move more.** Movement is good for your heart and your mind. Dance like crazy to get the funk out, try hula hooping, briskly walk around the block and listen to the birds, or take that hip-hop class you’ve always wanted to try. Move for at least 10 minutes or more. Bonus points if you laugh while you’re moving!

CONTINUED ON NEXT PAGE >
Get your butt in bed. Getting enough sleep can help you feel less cranky and overwhelmed, and more productive and creative. If you want all that, you gotta get to bed earlier! Turn off the screen(s), you can binge-watch your show and earn more XP tomorrow. Sleep experts suggest aiming for about 7 to 9 hours of sleep a night. See you in the morning, sunshine!

Be with your breath. You’ve been breathing your whole life, but learning to focus on your breath can actually trigger your body’s relaxation response. According to Dr. Herbert Benson, a cardiologist and Harvard Medical School professor of Mind Body Medicine, diaphragmatic (deep) breathing is one of several ways to elicit the relaxation response. Try it! You’ll be getting your Zen on in no time.

- Get comfy and take a normal breath.
- Next take a deep breath slowly through your nose, filling up your chest and belly. Let your belly really puff out – we promise, you don’t look fat!
- Now breathe out slowly through your mouth (or nose, whichever) and repeat.

De-stressing shouldn’t stress you out. Which one are you going to try now: giggling, socializing or moving? Let’s do this, and be Healthy For Good!

Sources:
1 American Psychological Association 2017 Survey, Stress in America: Coping with Change.
2 U.S. Department of Health and Human Services, Office on Women’s Health, Stress and your health
3 Centers for Disease Control and Prevention, Coping with Stress.
4 National Sleep Foundation, How Much Sleep Do We Really Need?
Old habits can be hard to break, and new habits hard to make, but with these six basic steps you can develop new, healthy behaviors that stick.

**CAN YOU RETRAIN YOUR BRAIN?**
Mike wrote a list, and checked it twice. This time he was going to kill it:
- Make a healthy snack
- Go to the gym
- Don’t waste time on cell phone
- Read a classic novel
- Housetrain Rex

Twenty-four hours later, Mike munched celery sticks while reading The Great Gatsby, his legs sore, but in a good way, after the hour on the treadmill while Rex waited patiently by the back door to go out …

**Do you believe this? I didn’t think so!**
Here’s what Mike was really doing. Mike was on the couch, one hand in a bag of chips, the other on his cell phone. The unopened gym bag and copy of Of Mice and Men lay on the floor, which Rex had soiled once again.

That’s more plausible, right? We all know habits don’t change overnight — not for simple doggies and not for big-brained human beings. But there’s good news: research shows that just like Rex can learn that he should go potty outside instead of on Mike’s gym bag, you can rewire your brain to change your own habits. But we humans need a subtler approach than a few treats and “good boys” to change our ways.

Here’s how Mike (and you) can better understand how habits form and how to replace bad ones with good.
6 STEPS TO CHANGING HABITS

1. **Identify Cues.** Something has to trigger a habit, and a cue can be anything. Maybe stress makes you crave chocolate, or the sound of your alarm triggers you to hit the snooze button. Identifying cues helps you understand what puts your habits into motion.

2. **Disrupt.** Once you know the cues, you can throw bad habits off track. If the alarm cues you to bash the snooze button every morning, put the alarm clock on the other side of the room. Trekking across the cold floor will likely disrupt the snooze habit.

3. **Replace.** Research shows that replacing a bad behavior with a good one is more effective than stopping the bad behavior alone. The new behavior “interferes” with the old habit and prevents your brain from going into autopilot. Deciding to eat fruit every time your mind thinks “cookie” substitutes a positive behavior for the negative habit.

4. **Keep It Simple.** It’s usually hard to change a habit because the behavior has become easy and automatic. The opposite is true, too: new behaviors can be hard because your brain’s basal ganglia, (the “autopilot” part), hasn’t taken over this behavior yet. Simplifying new behaviors helps you integrate them into your autopilot routines.

5. **Think Long-Term.** Habits often form because they satisfy short-term impulses, the way chewing on your nails might immediately calm your nerves. But short-term desires often have long-term consequences, like nasty, splintered, chewed up fingers.

6. **Persist.** Research has shown that what you’ve done before is a strong indicator of what you’ll do next. This means established habits are hard to break. But the good news is, if you keep at it, your new behaviors will turn into habits, too. Persistence works — at first it might be painful to get up at 5am for that jog, but soon it will be second nature.

Let’s check back in with Mike. He gave it another go with all these tips in mind. This time, he tossed the chips and replaced them with veggies; when his brain craved salty, fried potatoes, it found carrots instead. He promised himself that when he had the urge to kill some time on his cell phone, he’d disrupt the urge by picking up To Kill a Mockingbird instead (and if you look at his list, he’s killed two birds with one stone).

Finally, Mike kept his gym bag in the car so he couldn’t forget it again — the first step toward forming a new 15-minutes-on-the-treadmill-during-lunch habit. (And don’t worry about Rex — it turns out his potty problems weren’t a bad habit at all, but a protest to get attention from a neglectful owner who played on his phone too much. This problem resolved itself.)

So, habits can be changed, and with a bit of time and some effort, healthy behaviors can become second nature. **Now get on it, so you can be Healthy For Good!**

Sources:


Last Updated: January 11, 2018
Feeling zombiefied before you even leave the house? You’re not alone - it turns out 1 in 7 Americans don’t get enough sleep. This month, we’re hitting the snooze button with #HFGSnoozeFest. Join the movement to build some better sleep habits and feel more refreshed each morning so you can be #HealthyForGood. Learn more at heart.org/BeWell.

1 in 7 Americans don't get enough sleep. This month, we’re hitting the snooze button with #HFGSnoozeFest. Join the movement to build some better sleep habits so you can be #HealthyForGood. Learn more at heart.org/BeWell.
Burning the midnight oil on work projects may seem like a great way to get stuff done - but it could actually be sabotaging your daytime performance. Try closing the laptop one hour before bed to maximize your productivity potential. Trust us, your inbox can wait until the morning! #HFGSnoozeFest #BeWell
## RECIPE: Fitter Corn Fritters with Avocado

**Per serving:**
- 132 Calories
- 1.0 g Sat. Fat
- 123 mg Sodium

**Serving size:** 1 fritter  
Makes 10 servings

**INGREDIENTS**
- 3 large ears of corn, husks and silk discarded, kernels cut off the cobs
- 2 large eggs
- 1 avocado (halved, pitted, coarsely mashed with a fork)
- ¾ cup all-purpose flour
- ¼ cup fat-free milk
- 2 tablespoons chopped, fresh chives
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ⅛ teaspoon black pepper (freshly ground)
- 1½ teaspoons canola or corn oil and 1½ teaspoons canola or corn oil, divided use
- Cooking spray

**DIRECTIONS**

1. In a medium bowl, stir together the corn, eggs, avocado, flour, milk, chives, baking powder, salt, and pepper.

2. In a large nonstick skillet, heat 1½ teaspoons oil over medium-high heat, swirling to coat the bottom. Lightly spray a ¼-cup measuring cup with cooking spray. Using the measuring cup, scoop up the avocado mixture and mound it in the skillet. Fit as many fritters as you can without overcrowding the skillet (about 5). Gently press them down using a spatula that has been lightly sprayed with cooking spray.

3. Cook the fritters for 2 to 3 minutes, or until golden brown. Turn over the fritters. Gently press them down with the spatula. Cook for 2 to 3 minutes, or until golden brown. Transfer to a large plate or platter lined with paper towels.

4. In the same skillet, still over medium-high heat, heat the remaining 1½ teaspoons oil, swirling to coat the bottom. Repeat the cooking process with the remaining batter. Reduce the heat if the fritters are cooking too fast and starting to burn. Serve warm.

**COOKING TIP:**
You can use three cups of frozen corn to replace the fresh corn in the recipe. Make sure you thaw the corn and drain off any excess liquid.

**TIP:**
To remove the kernels from the cob without making a mess, invert a small bowl inside a large bowl. Stand the cob on the small bowl, and using a sharp knife, slowly slice down the cob, letting the kernels fall into the large bowl.

**KEEP IT HEALTHY:**
You can also use canned corn for this recipe, but be sure you buy the no-salt-added variety. One half-cup of regular canned corn contains about 300 milligrams of sodium.
**RECIPE:** Southwestern Quinoa and Egg Breakfast Bowl

Liven up the breakfast routine with this Southwestern quinoa bowl. Quinoa contains a hefty amount of protein, making this a great morning option. Add other items to turn this into your own creation—cucumber, radishes, black beans, and more. The eggs can also be cooked however you prefer—over-easy, poached, or even scrambled.

**INGREDIENTS**
- ¼ cup raw quinoa
- ½ avocado, pitted and diced
- 2 medium tomatoes, chopped (about 2 cups)
- 1 cup no-salt-added, frozen corn (thawed)
- ¼ cup chopped green onions
- ½ cup cilantro (optional)
- 4 eggs
- ⅛ teaspoon salt
- ¼ teaspoon ground black pepper
- hot sauce (optional)

**DIRECTIONS**
1. Cook quinoa according to the package directions. Remove from heat and let sit.
2. Prepare the remaining ingredients: pit and dice the avocado half; chop the tomatoes; rinse the canned corn; chop the scallions, and chop the cilantro.
3. Divide quinoa between 4 bowls. Arrange the avocado, tomatoes, corn, scallions, and (optional) cilantro between each bowl.
4. Meanwhile, coat a large nonstick skillet with cooking spray and warm over medium-high heat. Crack each egg into the skillet and season with salt and pepper. Cover with a lid and cook until egg whites are set but yolk is still runny, about 3 to 4 minutes. Use a spatula to carefully transfer each sunny-side-up egg into each bowl. Garnish with hot sauce and serve.

**Per serving:**
- 244 Calories
- 2.3 g Sat. Fat
- 154 mg Sodium

**Makes 4 servings**

**COOKING TIP:**
For a quicker breakfast to put together on a weekday morning, substitute hard-boiled eggs that have been made in advance.

**KEEP IT HEALTHY:**
Keep it Healthy: The sodium content of hot sauce varies across the board so make sure to check the ingredient label before buying.

**TIP:**
Cooked quinoa stores well in the freezer. Make a big batch and freeze in Ziploc® bags. Add a few teaspoons of water and warm in the microwave. Or, let the frozen quinoa defrost in the refrigerator for a day and stir into a cold salad.