Weekly Wellness Webinar

Healthy Habits Campaign
May 20, 2025

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Agenda

- Meal Planning Made Simple
- Nutrition Scavenger Hunt
- Fitness Challenge Teams Update
- Upcoming Activities
- Wellness Resources on Fortlauderdale.gov

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Meal Planning Made Simple

Time-Saving Tips

- Plan ahead and batch cook
- Use store bought pre-cut veggies, shredded cheese, and other items
- Freeze meals
- Make easy meals (sandwiches, salads, soups)
- Use meal planning apps
  > The 8 Best Meal-Planning Apps

What's for Dinner? Meal Planning Made Simple

Meal Planning Basics

Meal planning can feel overwhelming when you first start. In the long run, regular meal planning can save you time, effort, and stress that can arise in a busy week. Use the tips below to help get organized and find a meal planning strategy that works for you.

1. Prep for your plan

- Decide on a regular day and time of the week you can set aside for meal planning. Start with one hour, then decrease as needed as you get faster.
- Plan to do the shopping and meal prep on different days whenever possible. Spreading out meal planning responsibilities helps avoid overwhelm.
- Combat decision fatigue with structure. For example:
  - Choose a "theme" for each day of the week so everyone knows what to expect. See some examples on the right. Vary ingredients each week (i.e., beef tacos one week, fish tacos the next).
  - Consider implementing a rotation of the same few recipes that you know everyone likes. Gather enough recipes to allow for at least a 2-3 week rotation to avoid boredom.
  - Plan meals around the same set of ingredients used in different ways.
- Consider investing in a few tools to help save you time and stress (see examples to the right).

2. Make your meal plan

- Consider your schedule for the next week and how much time you will have for prepping. On days where you have time, plan to cook recipes in double for freezing, or prep soups, casseroles, and separate ingredients in advance. On busy days, plan for quick and easy meals, such as a meal from the freezer or leftovers.

Example meal themes:

- Meatless Mondays
- Pasta night
- Stir-fry night
- Breakfast-for-dinner
- Taco Tuesdays (beef, fish, veggie, etc.)
- World cuisine (Thai, Mexican, etc.)
- Throwback Thursday (family favorites)
- Pizza night (DIY with healthy toppings)
- Sheet pan/one-pot meals
- Slow-cooker Saturday
- Soup/Stew Night
- Seafood/Fish Friday
- Free-for-all (clean out the fridge)
- Grill night

Time-saving kitchen tools:

- Chopper or food processor
- Pressure cooker for grains, soups, proteins, etc.
- Slow cooker for "dump and go" recipes
- Air fryer for fast cook times, crispy textures with minimal oil
- Glass airtight containers or jars for food storage and grab-and-go
- Tin foil or parchment paper for easy clean-up
- Baking sheets and stock pots for easy, one-pot or sheet pan meals.

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Meal Planning Made Simple

Budget-Friendly Meals

- 23 Budget-Friendly Healthy Recipes & Ideas | Food Network

A Fresh Look at Healthy Eating

Healthy Recipes

Cooking healthy meals is easy when you have a good recipe to follow. Here are some tasty dishes to start with! You'll also find websites for more healthy recipes at the end of the handout.

Eating a balanced diet

Eating balanced meals means getting the nutrients that you need while not getting too much of any one thing. You want to eat plenty of fruits, vegetables, and grains, along with a moderate amount of lean meat, other forms of protein, and dairy products. Limit fats, salt, and sugars! Here are some healthy side dishes to balance out any meal.

For Breakfast: Red Fruit Salad

Nutrition information: Serving size: ¾ cup
Per serving: 48 calories; 0 g fat (0 g sat); 2 g fiber; 12 g carbohydrates; 1 g protein; 6 mcg folate; 0 cholesterol; 9 g sugars; 0 g added sugars;

Ingredients:
- 4 cups diced watermelon
- ½ pint raspberries
- 1¼ cups halved red seedless grapes or pitted cherries
- 2 tablespoons chopped purple basil (optional)
- 1 cup Lime Yogurt Fruit Salad Dressing

Preparation: Ready in 10 minutes

Combine watermelon, raspberries, grapes (or cherries) and basil (if using) in a large bowl. Serve with yogurt dressing, if desired. To make ahead: Refrigerate for up to 2 hours; toss with basil just before serving (if using).

Lime Yogurt Fruit Salad Dressing

Ingredients:
- 1½ cups low-fat plain yogurt
- 1 tablespoon lime zest
- 1 tablespoon lime juice
- 4 teaspoons sugar

Preparation: 5 minutes. Combine yogurt, lime zest, lime juice and sugar in medium bowl. Make ahead and refrigerate up to one day.

For Lunch: Tropical Cucumber Salad

Nutrition information: Serving size: about 1 cup
Per serving: 185 calories; 11 g fat (1 g sat); 5 g fiber; 22 g carbohydrates; 3 g protein; 89 mcg folate; 0 mg cholesterol; 14 g sugars; 2 g added sugars; 1,157 IU vitamin A; 41 mg vitamin C; 30 mg calcium; 1 mg iron; 305 mg sodium; 510 mg potassium.
Nutrition Bonus: Vitamin C (68% daily value), Vitamin A (23% dv), Folate (22% dv). Carbohydrate Servings: 1½

Ingredients:
- 3–5 teaspoons fish sauce
- 1 teaspoon freshly grated lime zest, plus more for garnish
- 2 tablespoons lime juice
- 1 tablespoon canola oil
- 2 teaspoons light brown sugar
- 1 teaspoon rice vinegar
- ¼ teaspoon crushed red pepper
- 1 medium English cucumber, cut into ¾-inch dice
- 1 avocado, cut into ¾-inch dice
- 1 mango, cut into ¾-inch dice

Preparation: Ready in 15 minutes.

Whisk fish sauce to taste, lime zest, lime juice, oil, brown sugar, vinegar and crushed red pepper in a large bowl until combined. Add cucumber, avocado, mango and cilantro; gently toss to coat. Serve garnished with lime zest, if desired.

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Nutrition Scavenger Hunt

Review

- Turn in completed form by Friday, May 23

MAY 6TH - MAY 19TH

CITY OF FORT LAUDERDALE

DIRECTIONS: Use available resources (online, books, experts, etc. – but not your coworkers) to find and complete as many items as you can from the scavenger hunt listed below. All submissions and bonus submissions should be submitted at the end of the challenge with the completed tracker. Completed trackers are due to adam.clawson@cignahealthcare.com by 5pm on May 23rd to qualify for this challenge's incentives.

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Fitness Challenge

Teams Updates and Maintaining Balance

- **The minimum team size needed to be eligible for prizes has been reduced to 5!**

> The maximum remains at 10.

> The winning team will be identified by the top 5 highest points after Monday, June 23.

> Your team can be a mix of employees and non-employees, but **only employees will be eligible for prizes**.

- **The top 10 individuals** in the challenge with the highest total points after Monday, June 23 will also win a wellness prize.
- In addition, we will be doing 5 raffles for **all other employees** participating in the challenge.

UPCOMING DEADLINES

- Teams will be locked in on **Mon, May 26, 2025**. You will not be able to make any changes to your team after that date.
- The challenge will end on **Mon, June 16, 2025!**
- The activity log deadline is **Monday, June 23**. You have until June 23 to BACK-LOG activities you completed up to June 16, in case you had any technical difficulties or other reasons you were not able to log.
- Winning teams and individuals will be based on points earned after **Monday, June 23**.

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Fitness Challenge

Maintaining Balance

- 10 Tips to Improving Your Balance
  - > Improve your cardio
  - > Practice single-leg standing
  - > Try Tai Chi, Qi Gong, or Hatha Yoga Classes
  - > Practice shifting weight from side to side
  - > Practice walking faster and stepping over objects
  - > Improve flexibility
  - > Improve overall strength
  - > Build your self confidence
  - > Consult your physician (may need custom orthotics)
  - > Look for professionals and programs that specifically address balance

FIT Fort Lauderdale | Fort Lauderdale, FL Parks & Rec
Classes & Programs | Fort Lauderdale, FL Parks & Rec

10 Tips to Better Balance - IDEA Health & Fitness Association

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Upcoming Wellness Activities

- **Tuesday, 5/20**
  - > "Cigna 101" + "Mindful Eating" Nutrition Luncheon, 12-1pm, @ 101 Tower 11th floor
- **Friday, 5/23**
  - > Angioscreen at FTL Aquatic Center
  - > "Cigna 101" + "Mindful Eating" Nutrition Breakfast, 8:30-9:30am @ FXE
- **Friday 5/30**
  - > Jet Dental at Lauderdale Memorial

Want to attend an upcoming wellness event, including in-person EAP seminars?

CLICK HERE to browse events on LauderShare. Advanced registration is required.

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ONSITE DENTAL SERVICE AT LAUDERDALE MEMORIAL PARK

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Virtual Wellness Activities

Weekly Wellness Webinars with Adam and Wendy

Tuesdays 10-10:30am

CLICK HERE TO JOIN

Lighten Up: Power of Humor

Wednesday, June 18

1:30-2:30pm

CLICK HERE TO REGISTER

6 Week Sleep Lab Series

Wednesdays 12-1pm

July 9 to August 13

CLICK HERE TO REGISTER

EAP Wellness Webcasts

Live and On-Demand

CLICK HERE TO GET STARTED

Cigna Healthcare Lifestyle Management Programs

Our health advocates provide personalized support to help you make lasting changes.

- **Weight management:** Learn to manage your weight using a non-diet approach that helps you change habits, eat healthier and become more active
- **Quit tobacco:** Develop a personal quit plan to become — and stay — tobacco-free
- **Reduce stress:** Understand the sources of your stress and learn coping techniques to better manage it in all areas of your life

Call 800-244-6224 to get started

Use the telephone coaching program for the support you need.

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