



## FOR YOUR HAPPINESS & HEALTH

Emailed new to cool people on the 1st of every January thru December  
...then on repeat a few times during the month for good measure.

### FEBRUARY 2018

For individuals with disabilities and everyone in their sphere.  
Human services rocks.



## GET FREE STUFF!

This month's giveaways



Yup, you heard right. The effort you put into your health and happiness deserves a "you're as yummy as toast" shout from the rooftops. And PRESENTS.

Click [here](#) to email us by 2/26/18 to get entered into the raffle for a brand new, spiffy, 4-slice toaster. (Anyone reading this can participate; we're an equal opportunity prize giver.) Winners will be notified by 3/1/18. **In your email message, tell us your full name and your most creative, healthy toast topping idea** (perhaps you haven't tried it yet, and it's just a figment of your toasty imagination . . . that's ok!). Get inspired by scrolling down to the **Cook** section below and by watching



Spring is right around  
the corner;  
trust us, you wanna  
look GOOOOOD!



Demonstrate your improving health over a 9-month period—as in, your [BMI](#) progress on a monthly basis to show steady movement toward, or holding steady at, a normal BMI (and don't try to fool us, because we're some smart cookies when it comes to this stuff)—and we'll help you buy your dream pair of cool-looking jeans.

(Anyone reading this can participate; we're an equal opportunity wardrobe enhancer.)

[Get in touch](#) to learn what you need to do to demonstrate your improving health and redefine the word "hip." Click for the [official rules](#) regarding giveaways and awards.



# CELEBRATE THIS MONTH!



February . . . the tail end of winter and a month chock full of events, celebrations and good times. There are countless reasons to be [positive](#) as you experience February. Remember: We feel and do better when we approach each day with the best possible attitude. While you're at it, embrace the calendar this month...



## MONTH OF...

American Heart, African American History, Canned Food, Cherry, Grapefruit, & Snack Food

## Holidays/Celebrations/Traditions...

Groundhog Day (2<sup>nd</sup>), Super Bowl (4<sup>th</sup>), Winter Olympics (9<sup>th</sup>-25<sup>th</sup>),  
Mardi Gras (13<sup>th</sup>), Valentine's Day (14<sup>th</sup>), Chinese New Year (16<sup>th</sup> and 15 days total), National Caregivers' Day (16<sup>th</sup>), Presidents Day (19<sup>th</sup>), National Chili Day (22<sup>nd</sup>), National Toast Day (23<sup>rd</sup>), and National Clam Chowder Day (25<sup>th</sup>)

## And more...



### African American History Month

This month celebrates the accomplishments that African Americans have made to history and pays tribute to the generations of African Americans who struggled with adversity to achieve freedom and equality. Learn more [here](#) and at the [Library of Congress](#).

### American Heart Month

Plain and simple, what you eat affects your heart health and your overall well-being. We explain more and provide some suggestions [here](#). Plus, learn about [metabolic syndrome](#), which has a lot to do with your heart health. While you're at it, consider learning some





[better habits](#) while you're consuming fast food...your heart will thank you.



### Groundhog Day (2<sup>nd</sup>)

According to folk lore, if Punxsutawney Phil, the groundhog coming out of his burrow on Gobbler's Knob in PA, sees his shadow on February 2, we have another 6 weeks of winter. No shadow...spring will be early. The PA tourism website posts a webcast, starting a few days before Feb. 2. [Check it out.](#)



### Super Bowl (4<sup>th</sup>)

Super Bowl 52 will be played in Minnesota at the U.S. Bank Stadium on February 4. And [Justin Timberlake](#) performs in the half-time show. Did you know there is such a thing as [healthy chicken wings](#)? Hand to heart.

Which [commercials](#) were your faves from last year?

### Winter Olympics (9<sup>th</sup>-25<sup>th</sup>)

The Winter Olympics start in Pyeongchang, South Korea. Get all the details [here](#). Meet [Team USA](#). And get ready for the Winter [Paralympics](#) to start March 8<sup>th</sup>!



### Mardi Gras (13<sup>th</sup>)

Did you know that "Mardi Gras" means "fat Tuesday?" Mardi Gras is celebrated on the Tuesday before Ash Wednesday and the beginning of Lent—a period of sacrifice. Celebrating before Lent is where "fat Tuesday" came from. [Learn more](#) about Mardi Gras, including info about food, partying, and background.



### Valentine's Day (14<sup>th</sup>)

We've got you covered, because XOXO. [Hugs & Kisses.](#)

[Low-Calorie Valentine's Day.](#) [Valentine's Day Crafting.](#)



### Chinese New Year (2/16 to 3/2)

2018 is the year of the dog. [Find out](#) which animal represents your birth year in the Chinese calendar—and while you're at it, learn a little more about this holiday that many people in the U.S. also enjoy celebrating.

People born in the year of the dog (1922, 1933, 1946, 1958, 1970, 1982, 1994, 2006, and 2018) will never let you down. They are honest and faithful to those they love.



## EAT BETTER!



The key driver behind better health for most everyone is food. We always say...

**Meals Not Medication.**



It's all those extras that can add unnecessary calories to your meals. Ketchup, BBQ sauce, salad dressings, mayo, and more. Your best bet is to go easy and stick with "a little goes a long way." Check out [more specifics](#) and get an idea of healthier sauce suggestions in the [video](#) left (Sean's a little intense, but his flavoring suggestions are good ones).



## COOK!

Fiberize. You're right. . . we made up this word. Take favorite foods and very simply add healthy fiber. Over the past few months we fiberized frozen pizza, hot dogs, ice cream, nachos, chili, chicken soup from the can, and a party platter. We're not lyin'.

Foods high in fiber include vegetables, fruits, beans, nuts, and whole wheat breads and pastas. Fiber fills you up so you're less likely to snack on empty calories. Plus, fiber has cancer and heart disease prevention benefits. No wonder we're Fiber Nerds.

## Toast!

This month we're going to fiberize toast. After all, it's National Toast Day on February 23! And...you can win a toaster in our Flex raffle this month (scroll up!). The stars are all aligned, people.

We suggest using 100% whole wheat bread as your toast of choice, because—you guessed it...high in fiber! All of the suggestions below are toast toppers.



### **Salad with a Spritz of Lemon**

Use your favorite salad fixins.



### **Cream Cheese & Berries**

Tastes like healthy cheese cake.



### **Refried Beans & Sliced Peppers**

Buy peppers on sale—green, red, yellow, orange—they all add crunchy freshness. We used refried black beans from the can, btw.



### **Peanut Butter & Bananas**

Stop!

### **Peanut Butter & Apples**

The textures alone are worth it.





### **Tuna & Broccoli**

We think a spritz of lemon atop here is also a winner.



### **Tomatoes & Cheese**

We used Parmesan, but use mozzarella, cheddar, whatever you have on hand...



### **Scrambled Eggs & Avocado**

Wish we'd put a tab or two of salsa on top.



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## **We've Got Your Back**

You'll want these recipes for some of February's celebrations...



- [Chicken & Shrimp Gumbo](#)
- [Chocolate Peanut Butter Haystacks](#)
- [Ginger Pork Stir Fry](#)
- [Vegetable Fried Rice](#)

And for when you simply want to push ahead as far as cooking and preparing healthier meals on a daily basis, we've got your back—big time...

[Quick, cheap, tasty recipes perfect for the season](#)

[Our big ol' recipe box](#)

[Weekly menu plans with grocery lists](#)

[Our popular PhotoStep Recipes](#)

(step-by-step recipes with photos and text, ranging from the very basic to more complex)



## BE SAFE & SMART

We really don't like when people talk about doing this and that in the kitchen and we have no idea what all the fancy chit chat is about. So we're gonna keep learning. And we'll share; let's get smart together.



### Lactose Intolerance

People with lactose intolerance are unable to fully digest the sugar (called lactose) in dairy products. As a result, they have all sorts of complications if they do consume lactose. So...special care has to be applied to dietary considerations for someone who needs to avoid lactose. You can [learn more](#), and we also created a list of [Snacks for Lactose-Free Needs](#)—because we're like that.



## SOCIALIZE





Many of life's most memorable moments happen around the table with good friends and family at mealtime. But which utensils to use and how to set the table? No worries. Watch the [video](#) and get the proper lowdown. Remember: Use utensils from the outside on each side, moving to the inside on each side. You've got this.



## PROSPER



Dressing and looking the part are always important, especially when volunteering or applying for a job. Pay attention to:

- Your hair. Is it clean and brushed/combed?
- Shaving. Clean cut is good.
- Clothes. Clean, neat (not wrinkled), and well-fitting matter.
- Deodorant. A must.
- Mouth. Fresh breath is a winner.
- Fingernails. Clean?
- Pants and skirt zippers and buttons. All closed up?.
- Shirts/blouses. Buttoned up?
- Shoes. Laces tied?

[Let us know](#) about your **individual experiences** volunteering and/or working. We want to hear. We want to share. By the way, we're known for sending thanks-for-sharing gifts. [Email](#) us, people.

**Organizations...**[share](#) your vocational services supports and we'll post the specifics in bold technicolor.



## SING HAPPY BIRTHDAY



Jeanine Owen at EPI in Iowa . . . we're doing a birthday happy dance for you. February 13 is your day, all about you. Humans don't get any better than Jeanine! Wish her well, everyone.

[Email us](#) your name, birthday (month and day), and the town and state you live in. We'll post it all right here, so everyone from coast to coast can shower you with good wishes all month long. You soooooo deserve it.

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That's right...flex your healthy muscle and build this bandwagon. [Share](#) My25 Flex (this super-duper Newsletter, delivered each month). It's easier to get healthy when your friends and family are on the same page as far as eating better and embracing happiness. By the way, we think you're a superhero for spreading good health!

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Did you know that eating the right foods in the right amounts is the number one reason behind good health for most anyone? We believe in moderation—not deprivation—and The Dietary Guidelines for Americans. Pizza and French fries are fair game every once in awhile; which is why My25 isn't a diet, but a forever habit. [Click](#) to get My25's everyday basics for eating better. (Pssst...we also fill you in on how we came up with our name: "My25.")

Now bragging...we have a track record of success helping



individuals with disabilities improve their eating habits and overall health within 6 to 18 months—and then stick with it. Hand to heart. We even help associated family members, caregivers, case managers, Qs, DSPs, and allied professionals improve their own health along the way; holy smokes, health insurance premiums down for this bunch.

The *My25* team is made up of experienced and respected nutrition, preventive health, disease management, culinary, human services industry, and technology professionals...we're all self-proclaimed Fiber Nerds—who love what we do and helping YOU get healthier and happier.

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Providers, MCOs, ACOs, State DHS, and State Provider Association Groups: We'd like to talk. [Get in touch](#).

Information that we provide—including any suggestions, tips and content (ours or that of third parties) shared through *My25*—should **never** take the place of advice provided by a health care professional and/or caregiver. Always check with your health care professional and caregiver before trying new activities, routines, recipes, foods, or eating habits.

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Get our [official rules](#) regarding contests, giveaways, prizes and awards.

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