



FOR YOUR HAPPINESS & HEALTH

Emailed new to cool people on the 1st of every January thru December.

APRIL 2019

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



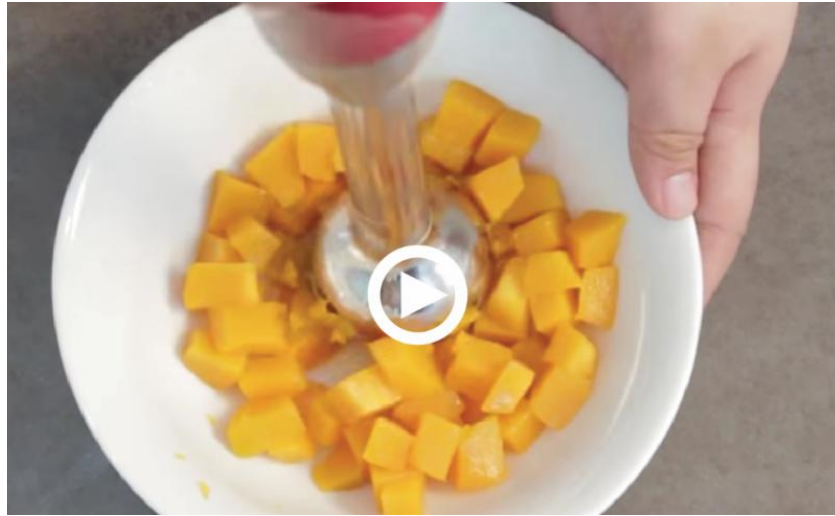
GET FREE STUFF!
This month's giveaways



Winners of the Belgian Waffle Maker Last Month!
Brodee Anderson (OR), Megan Crager (PA), Kim Kerby (OR),
Cyndy Farley (OR), Anthony Tadena (CA)

Yup, you heard right. The effort you put into your health and happiness deserves a "you're blending-it-all-up-just-right" shout from the rooftops. And PRESENTS.

Click [here](#) to email us by 4/26/19 to get entered into the raffle for a brand new handheld blender. (Anyone reading this can participate; we're an equal opportunity prize giver.) We'll be giving away a number of these! Winners will be notified by 5/1/19. **In your email message, tell us your full name and what healthy foods/recipes you'll whip up once you have your new handheld blender (as in, what do you see yourself preparing with it?).** Get inspired by scrolling down to the **Cook** section below and by watching these videos...



**Spring
has sprung;
flashy pants
are in.**



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, like free blue jeans.



CELEBRATE THIS MONTH!



Because March goes in like a lion and comes out like a lamb, this month has better weather written all over it. Yay April! Plus, this month is chock o' block full of events, celebrations, and good times. There are countless reasons to be [positive](#) as you experience the 30 days of April. 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 Cancer Society, Black Women's History, Celebrate Diversity, Keep America Beautiful, National Autism Awareness, National Better Hearing & Speech, National Deaf History, National Food, National Mental Health, National Volunteer, Women's Health Care, Lawn & Garden, National Kite, Stress Awareness

Holidays/Celebrations/Traditions...

World Autism Day (2nd), National Peanut Butter & Jelly Day (2nd), World Health Day (7th), National Siblings Day (10th), National Licorice Day (12th), National Pecan Day (14th), Taxes Due! (15th), Good Friday (19th), National Garlic Day (19th), National Jelly Bean Day (22nd), National Pretzel Day (26th), Orthodox Easter (28th)

And more...



Black Women's History Month

Rosa Parks, Daisy Bates, Harriet Tubman...check out these, and more, incredibly inspiring and history-changing African American women [here](#).

April Fool's Day (1st)



Tradition has it that on April Fool's Day harmless, fun pranks and telling jokes are fair game.



National Autism Awareness Month & World Autism Day (2nd)

[Autism Speaks](#) shares insights, information, and stories. And [wear blue](#).



NCAA Championship Game (4/8)

The college basketball championship tournament will be played in Minneapolis, Minnesota this year. Click to get [the lowdown](#).



Grilled Cheese Sandwich Day (12th)

No longer same-old, same-old ... today's grilled cheese sandwich goes in many scrumptious directions. Lick your lips and click to [see what we mean](#). Us Fiber Nerds just have to put in our two cents...use 100% whole wheat bread!



Passover (4/19-4/27)

Passover is a Jewish holiday celebrated each year. We've got [some history](#) and [enjoyment](#). Then there's [Charoset](#).



Easter (4/21)

[Click](#) to get Healthier Easter Appetizers, then go [here](#) for foods, customs and history, and then...even [more enjoyment](#).

International Earth Day (22th)

Some Earth Day [snacking ideas](#) and bird-feeder [crafting](#) too.



National Kite Month

For the kid in all of us. What better way to usher in spring than flying a kite? [Amazon](#) has choices you'll love.



EAT BETTER!



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

Meals Not Medication.



Tip: Finger Foods

Some of us need finger foods. Perhaps a tremor makes it difficult to eat with utensils. We created a list that our customers tell us helps out day in and day out. [Check it out.](#)

Tip: Fluid Richness for People Needing to Add Extra Pounds

[Click](#) to see what our years of experience and successes have helped us understand what is truly helping in this area.



Tip: Talking to Consumers About Responsible Food Choices

You have to get upclose and personal. Get our tried-and-true suggestions [here](#).



COOK!

Fiberize. Guilty!...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, canned chicken soup, a party platter, and toast and waffles. Cross our hearts, we really did!

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.



Smoothies!

This month we're fiberizing smoothies. You guessed it, we're mostly using fruits and veggies.

And we're sharing some off-the-beaten-path smoothie ideas below.

Go wild, people! You can also grab some 3-ingredient smoothie recipes [here](#).

Can't beat that! How convenient is it that you can win a handheld blender in our Flex raffle this month (scroll up!)? We're always thinking about you.



Sunshine Smoothie

Combine and blend together:

- 1 cup frozen pineapple chunks
- 1/2 banana, sliced
- 1/2 orange, peeled
- 1 cup milk (almond milk best)
- 1/2 cup ice



Blueberry Muffin Smoothie

Combine and blend together:

- 1/2 cup blueberries
- 1 orange, peeled
- 1/2 cup oats
- 1/4 teaspoon cinnamon
- 1 cup vanilla almond milk



Apple Pie Smoothie

Combine and blend together:

- 2 handfuls fresh spinach leaves
- 1 apple, cored and chopped
- 1 tablespoon raisins
- 1/4 teaspoon cinnamon
- 1/4 cup walnuts
- 1 cup vanilla almond milk
- 1/2 cup ice

Green Booster Smoothie

Combine and blend together:



1 handful fresh spinach leaves
1 green bell pepper, cored, no seeds
1 green apple, cored and chopped
1 cup tap water
2 ice cubes

Carrot Cake Smoothie

Combine and blend together:

1 tablespoon raisins
1 medium carrot, peeled and in chunks
1-1/4 cups almond milk
1 small banana, sliced
1/4 teaspoon cinnamon



Chocolate Green Smoothie

Combine and blend:

1 cup almond milk
1 cup fresh spinach leaves
1/4 teaspoon cinnamon
1/3 teaspoon nutmeg
1 banana, sliced
2 tablespoons unsweetened cocoa powder
1 cup ice



We've Got Your Back

You'll want these recipes for the good times and celebrations in April..

- [Easter Nests](#)
- [Jelly Bean Easter Bark](#)
- [Bell Pepper Pizza](#)
- [Kale Chips](#)
- [Carrot Fries](#)

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](#)



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.



Cooking & Foodie Terms/Explanation

A whole bunch explained in multi-media style. We love [this resource](#); you will, too. Never again wonder what "blanch," "al dente," and "chutney" are all about.



SOCIALIZE



Organize a Seed Swap

Gather together and jump up and down for joy that spring has sprung. A seed swap involves bringing seeds that you will share—in exchange, you'll get some seeds from others. Flowers, veggies, herbs . . . oh my! [Here's how to organize a seed swap.](#)

Then, get some tips for how to plant and garden your seeds:

- [Grow A Container Garden](#)
- [Grow An Indoor Herb Garden](#)
- [Grow A Vegetable Garden](#)
- [Grow Fruit/Veggies/Herbs Indoors](#)



PROSPER

True Story

By sharing we learn, embrace the day-to-day, and triumph together. Read [stories](#) from people living with a disability.



SING HAPPY BIRTHDAY



Nelda Hanna (4/17) in NC ... a brand new kite coming to you, Nelda; just [email us](#) your address. Wishing you well, including great happiness and health in the year ahead.

[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.



FLEX



That's right...flex your healthy muscle and build this bandwagon. [Share](#) the sign up page for *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 super hero for spreading good health!



WE KNOW HEALTH & HAPPINESS



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, 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.

hello@my25.com [Privacy Policy](#) [Terms & Conditions](#) www.my25.com www.my25flex.com www.my25bullseye.com

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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Fiber Nerds Hard At Work

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