

BROCCOLI & BACON CHICKEN SALAD



Ingredients:

- 4 cups Broccoli chopped
- 1/3 cup Red Onion chopped
- 12 Oz. Canned Chicken drained
- 7 strips Turkey Bacon cooked & crumbled
- 1/3 cup light Mayo
- 1/2 cup plain Greek Yogurt
- 1/2 tsp. Garlic powder
- 2 tbsp. Real Lemon Juice

Directions:

1. In a large bowl, combine chopped broccoli, red onion & canned chicken.
2. In a separate bowl, whisk together mayo, Greek yogurt & garlic powder.
3. Pour the dressing over the chopped ingredients & mix well.
4. Stir in lemon juice & 5 crumbled strips of bacon.
5. Add salt and pepper to taste.
6. When you are ready to serve, garnish with remaining bacon crumbles.
7. Enjoy!

Nutrition Facts

Servings	6.0
Amount Per Serving	
calories	131
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 37 mg	12 %
Sodium 494 mg	21 %
Potassium 370 mg	11 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 16 g	32 %
Vitamin A	0 %
Vitamin C	88 %
Calcium	6 %
Iron	3 %



FEBRUARY
HEART AWARENESS MONTH



Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.

BE Mine For Longer!

Eat Well

Get Moving

Stop Smoking

Get a Check up

Maintain a Healthy Weight



Heart disease can often be prevented when you start making healthy choices and begin to manage your health conditions. Controlling and preventing risk factors is especially important if you already have heart disease, or have a family history of heart disease. Inside this newsletter are some tips for a healthy heart.



CLINIC
LOCATIONS:

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80% of Heart Disease and Stroke Can Be Prevented

7 Steps to Reduce the Risk of Heart Disease



Get Active



Control Cholesterol



Eat Healthy



Don't Smoke



Control Blood Pressure



Lose Weight



Reduce Blood Sugar

Heart Healthy Nutrition



Choose Whole Grains Over Processed (Refined) Grains and Sugars



Choose Healthy Fats (Monounsaturated & Polyunsaturated) Over Unhealthy Fats (Saturated & Trans)

Eat at Least 5 Servings of Fruits and Vegetables a Day

Regular Exercise



30 Minutes of Moderate Intensity Exercise a Day

Tobacco Control

Cigarette Smoke Claims 443,000 Lives in the U.S. Every Year



Increases Risk for Heart Disease and Stroke



Increases Risk for Blood Clot



Decreases Ability to Exercise

Decreases Good Cholesterol (HDL)

HOW CAN HEALTHY SIZE HELP YOU?

You will receive one-on-one coach counseling in nutrition, weekly weigh-ins and blood pressure checks. Healthy Size utilizes the computerized BCA reading/Body Fat Analysis to measure the fat weight that you are losing while preserving muscle mass. We can also measure your BMI (Body Mass Index), water weight, BMR (Basal Metabolic Rate), and fat percentage. We will work closely with you, assisting you in improving your quality measures and outcomes.

**LET US HELP YOU BECOME
YOUR HEALTHY SIZE!**

Drinking Water



At the correct time to maximize its effectiveness on your body

After Waking Up

Helps activate your eternal organs & remove toxins before your first meal of the day

Before a Meal

Drinking one glass 30 min. before a meal helps digestion

After a Meal

Drink water an hour after a meal to allow the body to absorb the nutrients

Before a Bath

Helps lower your blood pressure

Before Sleep

Drink one glass an hour before bedtime to replenish any fluid loss that can occur during the night



Become a Healthy Size Goal Medalist!

How? Its simple! You tell us your goal weight, when you reach 1/3 of your goal, you become a **Bronze** medalist, at 2/3's of your goal, you become a **Silver** medalist. When you reach your total weight loss goal, you become a **Gold** medalist!