

JANUARY 2023

Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by Brieden Consulting Group

Happy New Year!

4 Resolutions for Happier & Healthier Living



We might sound like a broken record, but **don't abandon healthy habits**. The New Year can serve as a "clean slate", but let's focus on how to keep up our momentum and bring in new resolutions for a strong start to 2023!

1) **Schedule your annual checkup with your doctor.**

Start off the year right by prioritizing your health!

Scheduling your yearly appointment at the beginning of the year will save you the hassle of trying to squeeze it into your busy schedule later on.

2) **Eat veggies daily.** Regardless of the reasons, it is never a bad idea to add veggies to your diet. To improve your heart health, include fiber-rich vegetables like carrots or beets. According to the CDC, most individuals benefit from eating 2-3 cups of vegetables per day.

3) **Take care of your skin.** Having flawless skin starts at the foundation – and we don't mean the makeup! Adding moisturizer and sunscreen to your routine will ensure that your skin stays strong and healthy.

4) **Drink up (8 glasses of water a day).** Did you know you are more likely to wake up dehydrated after a restless night of sleep? During later stages of sleep, you release a hormone responsible for your body's water conservation. So hydrate, hydrate, hydrate and... hydrate some more on those days!

About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the "Your Health Matters" monthly newsletters that will be distributed to all employees.

Our Benefits Broker

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7 Simple & Functional Fitness Exercises

It's no secret that exercise is good for you. But it's not always easy to know where to begin – or how to avoid injury-causing exercise mistakes. Whether your neck and back are sore from working from home or you're simply spending too much time on the couch, it's important to find an exercise routine that keeps your body safe. One great way to stay active and help prevent pain and injury is with functional fitness – or simple exercises that use many muscle groups at once.



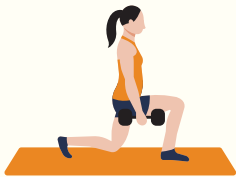
Squats



Planks



Push-ups



Lunges



Pull-ups



Shoulder Press

While exercises like weightlifting and cardio target specific health needs, functional fitness is meant to reduce your chance of injury while doing everyday things. Be safe and be active!

RECIPE OF THE MONTH

Taco Spaghetti

Ingredients

- **1 lb.** 93% lean ground beef
- **1** small yellow onion, finely chopped
- **4** cloves garlic, finely chopped
- **4 cups** water
- **1** (14.5-oz. can) diced tomatoes
- **1** (1-oz.) packet or 2 tbsp. homemade taco seasoning
- **8 oz.** spaghetti
- **4 oz.** Velveeta cheese or American cheese, cut or torn into pieces
- **1 c.** (4 oz.) sharp cheddar cheese, shredded
- **1/2 c.** chopped fresh cilantro, plus more for serving



Directions

- In a large pot over medium-high heat, cook ground beef, onion, and garlic 5 to 6 minutes. Add water, tomatoes, and taco seasoning, then cover and bring to a boil.
- Break spaghetti in half lengthwise and add to sauce. Reduce heat to medium, cover, and simmer until pasta is tender, 12 to 14 minutes.
- Remove from heat and stir in Velveeta, cheddar, and cilantro until cheese is melted. Serve topped with more cilantro!