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concepts for employees

5 Ways to Start Your Year Off Right



Like many other people, you may be thinking about what you would like to accomplish in 2022 or what life changes you could make. Common New Year's resolutions include losing weight, exercising, getting organized, learning new skills, and saving money.

Additionally, the pandemic has likely given you time to reflect and think about what you'd like to change about your lifestyle. This is an excellent time to make positive life changes and strive for an overall healthier self.

Consider the following five tips to start the new year off right:

1. **Check in on your mental health.** Mental health is just as important as physical health in building a healthy lifestyle. Reach out to a professional if you need help.
2. **Be social.** The COVID-19 pandemic triggered feelings of loneliness for many. Reconnect with others virtually or while practicing social distancing. Be social in a way that you're comfortable with.
3. **Get regular checkups.** Stay up to date on your annual physicals and necessary health tests. Screenings can help identify health issues to be addressed.
4. **Drink more water.** Consuming sugary drinks, like juice or soda, can cause liver damage, premature aging, and anxiety. Avoid excessive alcohol consumption as well.
5. **Count nutrients, not calories.** Focus on improving the overall quality of your diet and not getting hung up on calories. Achieve this by adding more fiber, protein, and probiotics to your diet.

If you do just one thing in 2022, try making time for yourself. Identify the activities that make you happy or fulfilled and prioritize them. Talk to your doctor or mental health professional for guidance and support with lifestyle changes.

This newsletter contains general health and financial wellness information and is not a substitute for your doctor's care. You should consult an appropriate health care professional for your specific needs. Some treatments mentioned in this newsletter may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage.



Quick Pizza Margherita Makes 4 servings

Make a thin and crispy pizza in under 30 minutes with refrigerated pizza dough, plum tomatoes, mozzarella, and basil.

INGREDIENTS

- 1 (10-ounce) can refrigerated pizza crust dough
- Cooking spray
- 1 teaspoon extra-virgin olive oil, divided
- 1 garlic clove, halved
- 5 plum tomatoes, thinly sliced (about 3/4 pound)
- 1 cup (4 ounces) shredded fresh mozzarella cheese
- 1 teaspoon balsamic vinegar
- ½ cup thinly sliced fresh basil
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper

DIRECTIONS

1. Preheat oven to 400°.
2. Unroll crust dough onto a baking sheet coated with cooking spray; pat into a 13 x 11-inch rectangle. Bake at 400° for 8 minutes. Remove crust from oven, and brush with 1/2 teaspoon oil. Rub crust with cut sides of garlic.
3. Arrange tomato slices on crust, leaving a 1/2-inch border, sprinkle evenly with cheese. Bake at 400° for 12 minutes or until cheese melts and crust is golden.
4. Combine 1/2 teaspoon oil and vinegar, stirring with a whisk.
5. Sprinkle pizza evenly with sliced basil, salt, and pepper. Drizzle the vinegar mixture evenly over the pizza. Cut pizza into 8 pieces.



NUTRITIONAL INFORMATION

Calories: 298
Fat: 10g
Saturated Fat: 4.6g
Protein: 12.2g
Carbohydrates: 38.6g
Sodium: 595mg
Fiber: 4g