

JANUARY

2024

# Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by University of Detroit Mercy

## Don't Fall Into This New Year's Resolution Trap!

Historically, one of the top New Year's resolutions is to lose weight. Unfortunately, many people look to fad diets and weight loss products to achieve their goals quickly, rather than making sustainable lifestyle changes. While fad diets may prove effective initially, research shows that many people don't find long-term success with these types of diets.

### Lasting Lifestyle Changes vs. Quick Fixes

Instead of setting a goal to lose weight fast this New Year, set a goal to lead a healthier lifestyle. Common lifestyle New Year's resolutions include the following:

- **Exercise regularly**—Aim to get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, and to do strength training exercises of major muscle groups at least twice a week.
- **Maintain a well-balanced, healthy diet**—Try to eat a variety of fruits, vegetables, whole grains, protein-rich foods and healthy fats. Make it a goal to incorporate more fruits and veggies into your diet.
- **Increase the amount of sleep you get**—One of the best ways to become healthier is to get enough sleep. Try to get at least seven hours of sleep, the expert-recommended amount, per night.

### Set Yourself Up for Success

According to U.S. News & World Report, 80% of New Year's resolutions fail. That's why it's so important to set yourself up for success when you're choosing a resolution. Regardless of what you choose as your New Year's resolution, make sure it is a "SMART" goal—one that is specific, measurable, attainable, realistic and timely—to increase the odds that you will stick to it.

## 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 University of Detroit Mercy 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

Brieden Consulting Group  
17000 Kercheval  
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Grosse Pointe, MI 48230

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## January is National Donor Month

Since 1970, National Blood Donor Month has been celebrated in January. The winter season is one of the most difficult times of the year to collect enough blood products and donations to meet patient needs. While “whole blood” donations are the most common, individuals can also make platelet, power red and plasma donations.

Donated blood is used for blood transfusions. Common scenarios in which blood transfusions are needed include the following:

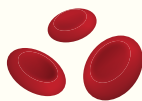
- Patients suffering from severe trauma following disasters and accidents
- Patients receiving surgical treatments and some medical treatments, including cancer patients and patients with sickle cell disease

Making the decision to donate blood can help save a life, but not everyone is eligible to donate blood. Visit the American Red Cross’ website to see if you meet the requirements to safely donate blood.

### According to the American Red Cross:



Less than 30% of the population is eligible to give blood or platelets.



One donation can save up to three lives.



Every two seconds, someone needs blood.

## RECIPE OF THE MONTH

### Taco Spaghetti

#### Ingredients

- 1 lb. 93% lean ground beef
- 1 small yellow onion, chopped
- 4 cloves garlic, chopped
- 4 c. water
- 1 (14.5 oz can) diced tomatoes
- 1 (1 oz.) packet taco seasoning
- 8 oz. spaghetti
- 4 oz. Velveeta cheese, cut to pieces
- 1 c. (4 oz.) sharp cheddar cheese, shredded
- 1/2 c. chopped fresh cilantro
- Sour cream or Mexican crema, for serving

#### Directions

- **Step 1:** In a large pot over medium-high heat, cook ground beef, onion, and garlic, stirring occasionally, until beef is browned, 5 to 6 minutes. Add water, tomatoes, and taco seasoning, then cover and bring to a boil.
- **Step 2:** Break spaghetti in half lengthwise and add to sauce. Reduce heat to medium, cover, and simmer until pasta is tender, 12 to 14 minutes.
- **Step 3:** Remove from heat and stir in Velveeta, cheddar, and cilantro until cheese is melted. Serve topped with more cilantro and sour cream, if using.

