



Fred's Healthy BeansTalk

...extending your Lifetime Warranty



Keep Your Heart Beating a Healthy Tune

February is American Heart Month. We at Fred Beans want to stress how important it is to take care of your heart by living a healthy lifestyle and properly managing health conditions. Heart disease is the leading cause of death for both women and men in the United States. According to the CDC, 1 in 4 Americans die each year from heart disease. The term heart disease refers to several different types of heart conditions, however; coronary artery disease is among the most common. This type of heart condition is caused by plaque buildup in the arteries. Although many people suffer from heart disease, in some cases, it can be prevented. Here are a few tips that may help prevent heart disease:

- Quit smoking
- Maintain a healthy weight
- Regular exercise
- Eat a well-balanced, healthy diet
- Manage stress
- And limit alcohol intake

Make sure to listen to your body and call your doctor if you begin to have symptoms like shortness of breath, weakness or fatigue. Practice good healthy habits and stay on a heart healthy track.

Fred Beans

Employee Health Highlights

Congratulations to John Kile, Newtown Ford on his health transformation! Thanks to the motivation from Fred Beans, in January, John began the program "Mind Body and Soul" which inspired him to live a healthier lifestyle.



John says that after losing a significant amount of weight, he is more energetic and feels younger. John stays active and healthy by exercising regularly and participating in activities he has previously watched.

Congrats John, we wish you the best of luck on your health journey and hope that it inspires others to stay active!

Winter Fitness Challenge

Our winter fitness challenge is 30 Squats, 30 Push-ups and 30 Second Plank.

This is our first 3D (3 dimensional) 30 Day fitness challenge ending on February 14th.

NEW! You can now send in a personal video of you completing the challenge rather than having it done on site.

3D 30 Day Challenge

Now through February 14th
30 Squats, 30 Push ups, and 30 sec Planks



Week 1
Begin 5 Squats, 5 Push ups, 5 second plank-
End 8 Squats, 8 Push ups, 8 second plank

Week 2
Begin 10 Squats, 10 Push ups, 10 second plank-
End 12 Squats, 12 Push ups, 12 second plank

Week 3
Begin 15 Squats, 15 Push ups, 15 second plank-
End 20 Squats, 20 Push ups, 20 second plank

Week 4
Begin 22 Squats, 22 Push ups, 22 second plank-
End 25 Squats, 25 Push ups, 25 second plank

Week 5
Begin 30 Squats, 30 Push ups, 30 second plank



Fitness Discount at the YMCA

Fred Beans employees can get a 35% discount on membership to the YMCA in Bucks County. Visit <https://www.fredbeans.com/fred-beans-employee-portal/healthy-living/gym-membership-discounts/> to get started.

Take care of your knees and back with IBC's pain management benefits.

Independence Blue Cross covers 20 chiropractic visits per year. If you have the POS or PPO plan, there is a \$50 per-visit copay. If you have the HDHP plan, you pay 60% after the deductible.

Additionally, IBC has also included acupuncture treatment* with the health and wellness member-exclusive programs to help with pain management. Please inquire about this treatment with your health care provider.

***Note:** This benefit will need to be through an INN provider who can be located at www.ibxpress.com.



2019-20 Wellness Screening Form

It's important to remember to schedule time with your doctor for an annual routine physical exam and screenings.

As a reminder, if you are covered under a Fred Beans medical plan, in order to receive the medical premium discount, you will need to have an annual physical exam along with the required screenings.

To satisfy the requirements, you will need to show that you've had a routine physical, blood pressure check, and cholesterol and diabetes blood tests at your doctor. If you've had the exam and applicable screenings within the 2020 calendar year, no need for another exam; just have the physician complete the Wellness Screening form.

Steps for completing the wellness form:

1. Schedule a Routine Annual Physical with your doctor to review your overall health, the medications you take, and the required screenings as indicated on the form.
2. Bring the form to your visit and receive all of these preventive services:
 - Routine Annual Wellness exam/physical
 - Blood pressure check
 - Height and weight measurements
 - Lipid Panel and Blood Glucose test
3. Send us the completed Wellness Screening form only, signed by your doctor, by fax: 215-345-7911 or by email to: HR@Fredbeans.com.



Yoga Classes are Back!

Being more physically active and eating a healthy diet are important steps for your heart health. You can make the changes gradually, one at a time — but making them is very important. To help with your fitness goals, Fred Beans will once again offer Wednesday Night Yoga classes. These Yoga classes will run for 6 weeks from January 15th to February 26th. All skill levels are welcome to attend the classes. For more information, please email Andrea Volm at avolm@fredbeans.com.

2 Minutes 2 Move, Every Hour 2 Improve

Let's get moving with these energizing health tips to keep you going:

- Increase blood flow and oxygen transfer through the body
- Reduce joint pain associated with back, neck and hips from sitting
- Increase mental stimulation/creativity with a release from monotony
- Reduce eye strain/blue light effect
- Increase the number of steps in your day while at work

Simple Cooking from the Heart

Spaghetti-Squash Spaghetti*

Ingredients

- 1 spaghetti squash (3 pounds)
- Non-stick cooking spray
- 1 tsp. extra virgin olive oil
- 1 clove fresh garlic (minced)
- 1 tsp. jarred, minced garlic
- 1/2 small onion (chopped)
- 1 cup tomatoes (diced)
- 8 oz. canned, no-salt-added, diced tomatoes
- 1/4 tsp. black pepper
- 1/4 tsp. dried, salt-free herbs, Italian blend
- 1/8 tsp. crushed red pepper flakes
- 16 oz. canned, no-salt-added tomato sauce
- 1/2 cup small "bite size" fresh mozzarella balls (can substitute fresh mozzarella), cut into bite-size pieces
- 1/4 cup coarsely chopped, or, torn basil
- 1 tsp. dried basil



Steps

1. Preheat oven to 350° F. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves of squash face down and bake for 1 hour or until tender.
2. Heat oil in medium saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes.
3. Let squash sit at room temperature until just cool enough to handle. Take a fork and scrap flesh from outside working in, creating "spaghetti noodles."
4. Add squash "noodles" to sauce and remove from heat. Toss with mozzarella balls and fresh basil and serve.

*Recipe courtesy of American Heart Association.

IBC Fitness Reimbursement

As an Independence Blue Cross Member, you are entitled to reimbursements for workouts at qualified fitness centers through the Achieve Well-Being program. If you visit 120 times per year, you can get up to \$150 back. Visit <https://reimbursements.ibx.com/ibc> to get started.

EAT CLEAN



Prevent Heart Disease by Eating Healthy

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners

Find heart healthy DASH recipes at: www.healthyeating.nhlbi.nih.gov/.



February Health Tip

To combat the potentially life-threatening damage stress could have on your heart, try these meditation techniques:

1. Go into a quiet spot and focus your attention on one thing such as a word, phrase or sound. Repeat over and over for 20 minutes.
2. Try progressive relaxation by focusing on your muscle groups from your feet to your head. Tighten the muscles in each group for several seconds and then release the tension.

Who is My Healthy Living Representative?

Andrea Volm - Wellness Consultant

AutoExpress/Doylestown/Langhorne	Nissan Doylestown
Bill Dannehower	Jill Katona
Ford Newtown/CARSTAR Newtown	Cadillac/Used Car Annex
Josie Espindola	Bill Pytleski
Subaru	Ford Langhorne
Frances Freezeman	Jeanine Smith Tawnee Potts
Chevy	VW Doylestown
Al Damone	Pam Zurad
Hyundai Langhorne	CARSTAR Doylestown
Lyndsey Schwartz	Anna Reif
Hyundai Doylestown	Nissan Flemington/CARSTAR Flemington
Christine Leister	Nicole Carrol
Detail	Ford Boyertown/CARSTAR Boyertown
Sam Zook	Leigh Ann McCabe
Parts/Carquest	Dodge
Ashley Mathews Jamie Watts Beth Snyder	Tara Valentine
Toyota Flemington	Management
Cathy Cannon	Dan Milewski
Hyundai Flemington	Ford West Chester
Janine Pignatone	Angela Nash
Ford Doylestown	Kia Langhorne
Pam Teichgraber Lillian Kleckner	Becky Embley
Devon VW	
Joe Levash	

Wellness Calendar

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Please check out the following for Healthy Living Opportunities:

January Events

3D 30 Day Fitness Challenge: 30 squats, 30 push-ups, 30-second planks

February Events

- **Thursday, February 6th:** Lunch N' Learn: Heart Health Awareness
- Onsite Yoga: Wednesday nights @ Warehouse C from 5:15 - 6:15
- WW currently enrolling new members for 2020 class

March Events

- **Thursday, March 12th:** Lunch N' Learn: Nutrition Matters for your Health
- **Thursday, March 26th:** Lunch N' Learn: Making Healthy Nutritious Lunches on the Go

Jeans Days

Friday, February 14th

Heart Health Awareness

Friday, March 6th

National Salesperson Day

Friday, March 20th

Jeans Day for MS

