

Live HealthSmart Alabama



Health involves many factors that affect the community and its residents. At Live HealthSmart Alabama, we're working to reduce obesity, high blood pressure, diabetes, and high cholesterol by making good health simple. Every other week, we'll share tips on physical activity, good nutrition, and prevention and wellness. This week, we're focusing on physical activity.

What is stopping you from improving your health & fitness? Source: UAB Recreation Center



"I do not have time"

- Prioritize your schedule: Identify activities you can replace with exercise and schedule workouts like important meetings—put them on your calendar.



"I do not like exercise"

- Find activities you enjoy by experimenting with different forms of exercise like dancing, swimming, or hiking. To make exercising more social and fun, join group fitness classes or partner up with a friend for mutual motivation.



"I cannot afford it"

- Take advantage of free workout videos online and use outdoor spaces like parks. Invest in affordable equipment like resistance bands and a jump rope. Look for community programs at local centers offering free or low-cost fitness classes and sports leagues.



"I am not motivated"

- Set clear goals and track your progress to stay motivated. Reward yourself for meeting milestones with non-food treats like new workout gear. Visualize success by imagining how you'll feel and look. Keep motivational quotes or images in places you see daily.

DIABETES FRIENDLY

HIGH BLOOD PRESSURE FRIENDLY

Cilantro-Lime Chicken Breasts w/ Avocado-Tomato Salsa

By: Alanis C. Stansberry



Ingredients

- 1 avocado
- 1 lb chicken breasts, skinless
- ½ small bunch Cilantro
- 2 cloves of Garlic
- ½ pint grape tomatoes
- 1 Lime
- ½ medium red onion
- ¼ tsp black pepper
- 1 tbsp extra virgin olive oil
- ¼ tsp salt

1. Wash and dry the fresh produce.
2. Pat the chicken dry with paper towels and place in a medium bowl.
3. Juice the lime; add half of the juice to the bowl with the chicken and the other half to a separate medium salad bowl. Using a knife, shave the cilantro leaves off the stems and finely chop the leaves. Add half to each bowl.
4. Peel and mince or press the garlic. Add to the bowl with the chicken. To the bowl with the chicken, add olive oil, salt, and pepper. Turn the chicken until well coated with the marinade. Set aside for 5 minutes.
5. Preheat skillet over medium-high heat. While the chicken marinates, halve the grape tomatoes crosswise. Add to the salad bowl.
6. Once the skillet is hot, add the chicken and cook until it is golden brown and cooked through, 3 to 5 minutes per side.

7. Halve the avocado and twist the halves to separate, then remove the pit with a knife or spoon; scoop out and small dice the flesh. Add to the salad bowl.
8. Small dice the onion (cut into ¼-inch pieces). Add to the salad bowl.
9. To serve, divide the chicken between plates and top with the salsa.



@LiveHealthSmartAL



uab.edu/livehealthsmartal

Scan to view more recipes!

