

Importance of an Annual Physical



Key reasons why you should get an annual physical

- 1. Healthcare maintenance.** At your annual physical, your provider ensures that your healthcare maintenance is up to date. It begins with a routine check of your vital signs like blood pressure, heart rate, and weight. The focus is preventative.
- 2. Vaccinations.** When was your last tetanus shot? Are you vaccinated for shingles or pneumonia? Your provider will review your vaccination status against these and other preventable illnesses.
- 3. Lifestyle modification.** Talk with your provider about your eating, exercise and sleep habits.
- 4. Depression/anxiety screening.** Untreated depression and anxiety commonly lead to fatigue, irritability, weight gain, and even physical pain. Your provider can initiate treatment and refer you to a mental health professional.
- 5. Set goals.** Want to train for a 5K? Lower your cholesterol? Get better sleep? Your annual physical is the time to discuss your health—both physical and psychological—and make a plan that you can follow.



Superfood of the Month: Garlic

What is it?

Garlic is a bulbous flowering plant. Its close relatives include the onion, shallot, leek, and chive. It is native to South Asia, Central Asia and northeastern Iran and has long been used as a seasoning worldwide. Well-preserved garlic was found in the tomb of Tutankhamun. Garlic is easy to grow and can be grown year-round in mild climates. Harvest is in late spring or early summer.

What do I do with it?

Garlic has long been used to enhance the flavor of many foods to include meats, fish, vegetables, soups, stews, salads and breads. Garlic can be used raw, caramelized, fried, pickled and fermented.

Why should I eat it?

Garlic is a common cooking ingredient with numerous health benefits. Examples include managing cholesterol, boosting heart health, supporting the immune system, protecting against the common cold, and more.

Tips for buying and storing

When you're at the supermarket, look for garlic that has firm cloves and tight skins. If the garlic feels soft, it's on its way out.

Store heads of garlic in a cool, dry place with plenty of air circulation. Garlic is best kept in a cool (not cold) place, so avoid putting it in the refrigerator unless you plan to use it all within a few days.



Lemon & Garlic New Potatoes

INGREDIENTS

- 1-pound small red potatoes
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1/4 cup shredded Parmesan cheese
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

PREPARATION

1. Cut scrubbed potatoes into wedges; place in a large saucepan. Add water to cover; bring to a boil. Cook, covered, until tender, 10-15 minutes; drain.
2. In the same pan, heat oil over medium-high heat. Add potatoes; cook until browned, 4-6 minutes.
3. Add garlic; cook 1 minute longer. Remove from heat.
4. Stir in remaining ingredients.

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