



## Stuffed Mushrooms

Hungry for a healthy no-meat dish? Try this stuffed portobello mushroom recipe with couscous, veggies, and cheese.<sup>5</sup>

- 8 portobello mushrooms
- ¾ C scallions, chopped
- 2 T black olives, chopped
- 1-½ C tomatoes, chopped
- ¾ C dried couscous
- ¼ tsp ground black pepper
- 1-½ T oil
- 1 T balsamic vinegar
- 1-¼ C boiling water
- 3 oz fat-free mozzarella, shredded

1. Preheat oven to 400 degrees F.
2. Clean mushrooms; remove and discard stems and black gills from under the mushrooms.
3. Place mushroom caps onto a foil-lined baking sheet. Bake 20 minutes.
4. Chop scallions, olives, and tomatoes; add couscous, pepper, oil, and vinegar. Add boiling water, stirring to combine. Cover tightly with plastic wrap. Let steam 15 minutes, then fluff.
5. Divide couscous mixture among the mushroom caps. Top with cheese. Bake additional 10 minutes.

## Track It: The Smartphone Way to Get Moving

Get more active with fitness tracking apps

You step on the scale or look in the mirror and promise yourself you're going to be more active. Maybe you got out of the habit of going to the gym, taking a daily walk, or regular exercise. Or maybe you've never had the habit.

You want to be active. But you can't seem to flip the switch to get started. Sound familiar?

Only 53 percent of adults get the minimum amount of exercise each day. That's a 30-minute walk, jog, bike ride, swim, or any other activity that raises your heart rate. Most adults only take 3,000 to 4,000 steps per day, but you need at least 10,000.

So how do you make it happen?

Track your activity. Use a fitness watch, tracker app on your smartphone, or some other digital tracker. Even an old-school pedometer will work. You can track things like:

- Steps per day
- Heart rate
- Calories burned
- Minutes of exercise
- Mile pace
- Distance traveled

"Studies show that people are 30 to 40 percent more active when they use activity trackers," says University of Wisconsin researcher Dr. John P. Porcari.<sup>4</sup>

Ready to be more active, improve your health, and



### MORE

10 reasons to get moving today  
[tinyurl.com/y6uxe5mk](https://tinyurl.com/y6uxe5mk)

feel better? Use a fitness tracker. Aim for 30 to 60 minutes of physical activity a day. Or set a goal to take 10,000 steps per day. Now is always the best time to get started. @

## Want to Be Happy? Take a Break from Social Media (continued from page 1)

In place of social media time, book a lunch date with friends. Go for a walk. Read a book. Cook a healthy meal. Spend more time with your family. Do something other than

### MORE

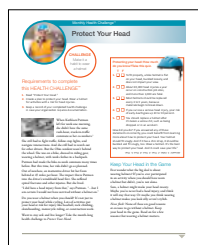
How to use social media wisely  
[tinyurl.com/y66ukwnk](https://tinyurl.com/y66ukwnk)

staring at a screen comparing yourself to others, and you'll feel happier.

And if you still feel sad or depressed after a break from social media, see your doctor. @

## References

1. Forman, E., et al. (2019). Computerized neurocognitive training for improving dietary health and facilitating weight loss. *Journal of Behavioral Medicine*. From: <https://tinyurl.com/y6eqcsxi>
2. Alshahrani, S.M., et al. (2019). Red and processed meat and mortality in a low meat intake population. *Nutrients*, 11(3): 622. From: <https://tinyurl.com/y43j42po>
3. Steers, M., et al. (2014). Seeing everyone else's highlight reels: How Facebook usage is linked to depressive symptoms. *Journal of Social & Clinical Psychology*, 33(8): 701-731. From: <https://tinyurl.com/y4wu644p>
4. Stackpool, C., et al. (2015). Are activity trackers accurate? American Council on Exercise. From: <https://tinyurl.com/y268mf5f>
5. American Heart Association. (2018). Couscous-stuffed portobello mushroom caps with mozzarella. From: <https://tinyurl.com/y4vqvjfb>



## Take the June Health Challenge!

Protect Your Head: Make it a habit to wear a helmet

## Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:  
What kind of shoes should I wear for exercise?

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