



RECIPE Avocado Salsa

How about adding a little green to your plate this holiday season? Try this healthy, easy-to-make recipe for avocado salsa:⁶

Ingredients

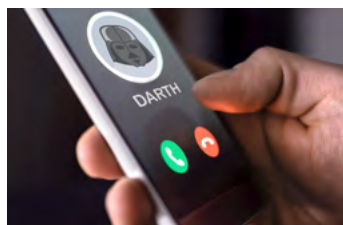
- 6 avocados, peel and core
- 2 green-husk tomatoes, peel and wash
- 1 jalapeño pepper, seeded
- ¼ C fresh-cut cilantro
- ½ garlic clove, minced
- ¼ C onion, diced
- ½ C water
- ½ Lemon or lime, juice only
- ¼ tsp salt

Directions

1. Add all ingredients to a blender.
2. Pulse until desired consistency is reached.
3. Pour into serving bowls.
4. Serve with fresh-cut vegetables or whole-grain crackers.

Serves 6. 120 calories per serving.

The 'Star Wars' Strategy to Prevent Chronic Disease



Positive family relationships linked to better health

Health benefits of strong relationships
tinyurl.com/okgjwzg

When *Star Wars: The Rise of Skywalker* opens in theaters this month, Luke Skywalker's legacy and the Force is bound to continue. But it might not have turned out that way.

Something happened that helped Skywalker achieve Jedi status years earlier. His father, Darth Vader, mended their relationship when he said: "I am your father... Search your feelings. You know it to be true."

How are your family relationships? Research shows strained family relationships may increase the risk for chronic disease, stroke, headaches, stomach problems, and even early death.⁷ But you can take steps to improve relationships and your health.

The holidays can be a good time to strengthen family bonds. Pick up the phone. Send a text, e-mail, card or letter. Plan a get-together. You'll feel better and be healthier. Here are some things you can do:

Keep promises. If you say you're going to do something, make it happen. If you don't think you can keep a promise, say so. Just be honest.

Apologize. Stuff happens. People make mistakes. You can't make it to your kid's soccer game. You miss a family event. If you make a mistake, apologize. Let people know you're sorry.

Listen. Pay attention when someone is talking. Ask questions. Restate to make sure you know what the other person said.

Be supportive. When someone you care about is facing a challenge, step in and help out when you can. Offer encouragement. Let them know you care. @

It's a Wonderful Workout: 5 Smart Ways to Be More Active (continued from page 1)

5. Build strength. It's not just for bodybuilders and athletes. Strength training builds muscle and makes your bones strong. You can lift weights or do exercises

MORE

10 reasons to get moving...today!
tinyurl.com/ul9o3o7

that use your body weight, like push-ups and squats. Want to live a wonderful life? Make exercise part of your daily routine. @

References

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5. Woods, S., et al. (2019). Family versus intimate partners: Estimating who matters more for health in a 20-year longitudinal study. *Journal of Family Psychology*. From: <https://tinyurl.com/u5m3tuv>
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Take the December Health Challenge!

[Fall Proof Your Home: Reduce the risk for falls and injuries at home](#)

Ask the Wellness Doctor:

This month Dr. Brittany Carter answers the question:

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