



### Black Bean Home-Run Hummus Wrap

Let's be honest. Baseball isn't the same with COVID-19 on the rise...empty stands...cancelled games. But that doesn't mean you can't enjoy some good food. Try this Home-Run Hummus Wrap recipe.<sup>5</sup>

#### Ingredients

- 6 8-inch whole-wheat tortillas
- 1-1/2 C hummus
- 1 C red bell pepper, cut into 1/4-inch strips
- 1-1/2 C carrots, grated
- 1-1/2 C baby spinach leaves

#### Directions

- Place tortillas clean surface.
- Place 1/4 C hummus in the center of each tortilla. Spread the hummus evenly across center of each tortilla.
- Top hummus with 4-6 red pepper strips and 1/4 C grated carrots.
- Divide spinach leaves evenly. Place leaves over vegetables on each tortilla.
- Fold bottom edge of tortilla up and over vegetables, and roll up.
- Cut each wrap diagonally across the center width of the wrap, and serve.

## 5 Reasons You Need a Regular Bedtime

Get your Zzzs to reduce health risks



“Time for bed.” It’s a universal statement that can trigger Operation Stall Tactics in kids. You know...one more story, a drink of water, more playtime, a movie. But you’re smarter than that. Kids need their sleep...right?

Well, what about you? Are you getting at least 7 hours of sleep per night. It’s easy to skimp on sleep, stay up late, and go to bed at random times, especially on the weekends. But research shows adults should follow a regular bedtime routine, too.

Why? In a recent study, researchers found that lack of sleep and irregular sleep habits may increase the risk for:<sup>3</sup>

1. High blood sugar levels
2. High blood pressure
3. A heart attack or stroke
4. Being overweight or obese
5. Depression

#### Tips to help you get your Zzzs

Want to improve your health and get a better night’s sleep? For best health, aim

for 7 to 8 hours of sleep per night. Here are some tips to help you get your Zzzs:

- Go to bed at the same time every night, even on weekends.
- Avoid exercise within two hours of bedtime.
- Avoid caffeine, nicotine, and alcohol in the evening.
- Avoid going to bed on a full stomach.
- Make it comfortable. Your sleeping area should be dark, quiet, and cool.
- Still having trouble sleeping? Talk to your doctor about other ways to get your Zzzs.®

#### MORE

Your guide to healthy sleep habits  
<https://tinyurl.com/y7d2yy2t>

## A Cup a Day: The Blueberry Diet for Heart Health (continued from page 1)

- Reduce the risk for certain types of cancer
- Slow memory loss as you age
- Improve cholesterol levels
- Lower blood pressure
- Prevent or control diabetes

#### MORE

Try these blueberry recipes  
<http://tinyurl.com/n2lwkgm>

You can improve your health by making one simple change to your diet. Eat more blueberries. They’re easy to add to cereal, yogurt, oatmeal, and smoothies. And they taste just as good by the handful. ®

#### References

1. Piercy, K.L., et al. (2018). The physical activity guidelines for Americans. *JAMA*, 320(19):2020-2028. From: <https://tinyurl.com/y6pmxoxk>
2. Curtis, P., et al. (2019). Blueberries improve biomarkers of cardiometabolic function in participants with metabolic syndrome—results from a 6-month, double-blind, randomized controlled trial. *American Journal of Clinical Nutrition*, 109(6): 1535-1545. From: <https://tinyurl.com/y443r2r6>
3. Lunsford-Avery, J. et al. (2018). Validation of the Sleep Regularity Index in older adults and associations with cardiometabolic risk. *Scientific Reports*, 8:14158. From: <https://tinyurl.com/y7kjinrm>
4. Wang, Y., et al. (2016). Acrylamide-forming potential and agronomic properties of elite U.S. potato germplasm from the National Fry Processing Trial. *Crop Science*. From: <https://tinyurl.com/y6dcf4hd>
5. U.S. Department of Agriculture. (2016). Home-run hummus wrap. Summer food, summer moves. From: <https://tinyurl.com/y3nqxrna>



## Take the August Health Challenge!

Avoid Red Meat: Eat healthier alternatives to protect your health

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
How can I improve my balance?

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