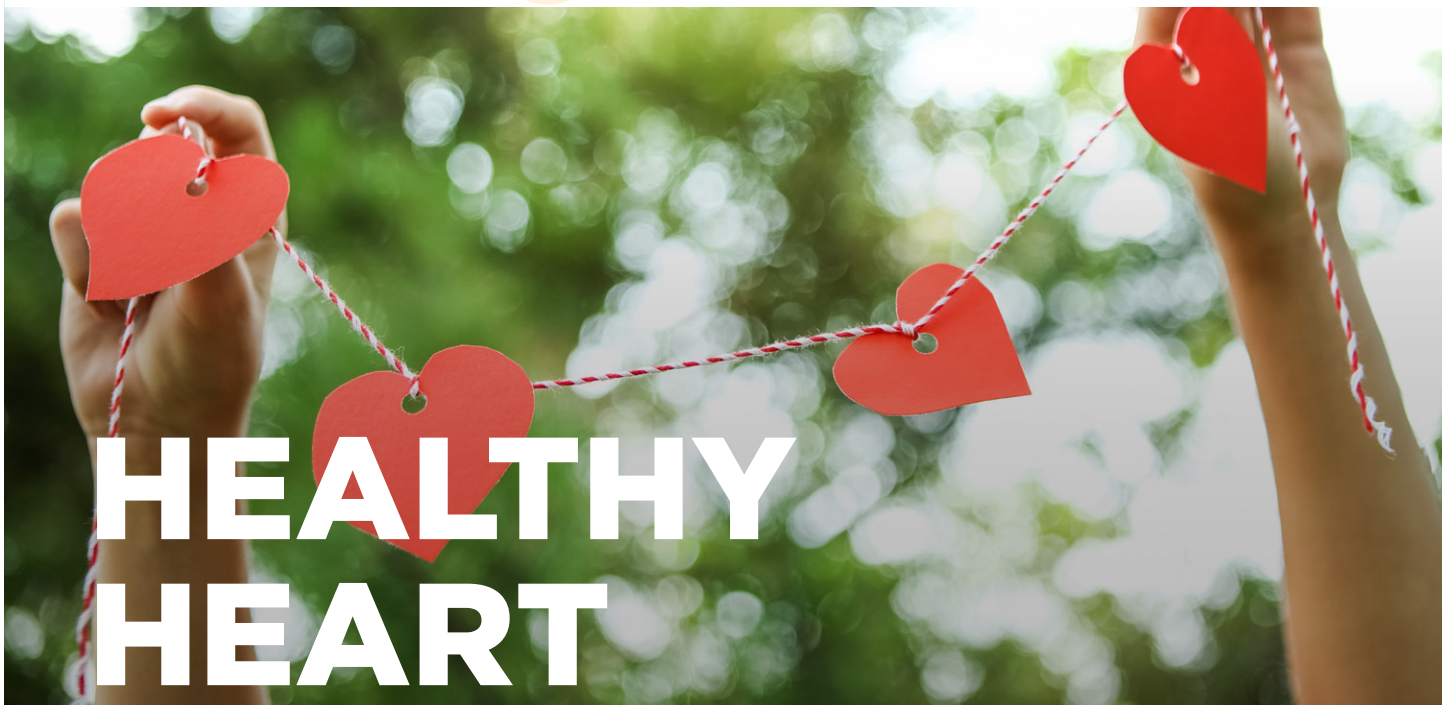


FLOYD

WellNow



Take care of your heart by finding opportunities to reduce stress and increase heart healthy activity.



Less stress equals less adrenaline and cortisol, decreasing blood pressure, heart rate and respiration.

EATWell

Incorporate at least one GOOD fat into your meals each day. (avocados, nuts, seeds, fatty fish)

MOVEWell

Incorporate a 10-minute break into your work day to decompress.

LIVEWell

Set a goal of 6,000 - 8,000 steps each day.

Baked Fish and Veggies

INGREDIENTS

- 4 white fish fillets (frozen, or cod or perch, total of 16-20 oz)
- 2 cups mixed vegetables (frozen)
- 1 small onion, diced
- 1 teaspoon lemon juice (or fresh lemon, sliced thin)
- 4 squares aluminum foil (about 10×12 inches)
- 1 tablespoon parsley flakes (dried or fresh chopped)

PREPARATION

1. Preheat oven to 450°F.
2. Separate fish fillets. Place one fillet in the center of each square of aluminum foil.
3. In a bowl, mix frozen vegetables and diced onion. Spoon vegetables around fish, dividing equally.
4. Sprinkle fish and vegetables with lemon juice (or top with lemon slice) and parsley.
5. Fold ends of aluminum foil together to seal.
6. Bake 10 minutes for fresh fish or 30 minutes for frozen.
Serve.