



### March is National Nutrition Month®

During National Nutrition Month® and beyond, losing or maintaining weight is all about calories in versus calories out. The *2015-2020 Dietary Guidelines for Americans* suggest starting with small changes in order to make healthier lasting changes you can enjoy. Change is not an easy task; it has to come about in stages to ensure success.

Diet trends often focus on one food or one nutrient, promising it will be the magic bullet for losing weight and keeping it off forever. However, when registered dietitians analyze a weight-loss plan, invariably it turns out that the key is reducing your intake of calories. It's all about the calories you put into your body versus the calories you burn.

Eat a balanced diet with mostly fruits, vegetables and whole grains as your base. Accompany this with daily physical activity to help your body burn those calories so you can maintain a healthier weight. Budget yourself, just like you would your finances. If you overspend in the calorie department one day, try to make up for it in the exercise department the next. Over time, if you save up calories, you are able to have that once-in-a-while splurge and not feel like you've blown your calorie budget.

Begin by focusing on one small change at a time. The changes you decide to make can focus on one food group or even one meal at a time. Make sure to engage in regular calorie-burning physical activity such as, walking briskly, bicycling, swimming, etc. to help with achieving a health body weight.

### Live Better Louisiana

Catapult Health clinics are currently being scheduled. All participants who earned the premium discount for 2017, will need to complete the following requirements **by August 31, 2017** to earn the discount again in **2018**:

- Participate in a **Catapult Health clinic** or submit a **Primary Care Provider** (PCP) form.
- Complete the **Personal Health Assessment** (PHA) on the Blue Cross Blue Shield website at [www.bcbsla.com/MYPHA](http://www.bcbsla.com/MYPHA). Members must have a Blue Cross online account to complete the PHA. An account can be created at [www.bcbsla.com/Activate](http://www.bcbsla.com/Activate).
  - If assistance is needed setting up an account, please contact Blue Cross at (800) 821-2753.

*The Live Better Louisiana wellness program is for OGB members who are enrolled in a Blue Cross health plan only. Members enrolled in the Vantage Medical Home HMO plan may click [here](#) for more information on Vantage Health Plan's wellness programs.*

### Upcoming Clinics

Below is a list of clinics scheduled throughout the state. You have until **August 31, 2017** to complete your online PHA and get your preventive health checkup in order to be eligible for the 2018 wellness credit! To sign up for one of these clinics, or find a date and location that works best for you, visit [www.timeconfirm.com/ogb](http://www.timeconfirm.com/ogb) or call 1-877-841-3058.

## Live Better Louisiana Clinics

Date	Location
03/02-03/2017	Baton Rouge-DOC Headquarters (504 Mayflower Street)
03/03/2017	Franklinton-Washington Parish-Enon Elementary School (14058 Louisiana 16)
03/06-10/2017	Bossier City-Bossier Parish Community College (6220 East Texas St.) Hammond-Southeastern LA Univ. (Pennington Ctr-1350 N. General Pershing Ave.)
03/07/2017	Anacoco-Anacoco ES (4726 Port Arthur Avenue) Monroe-Probation and Parole (24 Accent Dr., Ste. 101)
03/08-09/2017	Leesville-Leesville Junior High (480 Berry Ave.) Leesville-West Leesville & Optional School (1100 Abe Allen Memorial Dr.)
03/10/2017	Denham Springs-Eastside Elementary (9735 Lockhart Rd.) Mangham-Richland Parish-Mangham High School Library (801 Main Street)
03/13-14/2017	Baton Rouge-Bienville Building (628 North 4 <sup>th</sup> Street) Monroe-DOTD District 05 (8010 Desiard Street) New Orleans-Delgado CC City Park (916 Navarre Ave.)
03/14-15/2017	Baton Rouge-Galvez Building (602 North 5 <sup>th</sup> Street) Baton Rouge-State Archives Building (3851 Essen Lane) Lake Charles-McNeese State University (4300 Jefferson Davis Drive) New Iberia-ULL New Iberia Research Center (4401 West Admiral Doyle Dr.)
03/15-17/2017	Lafayette-ULL Student Union (620 McKinley Street)
03/16-17/2017	New Orleans-Delgado CC Charity School of Nursing (450 South Claiborne Avenue) Springfield-Springfield Middle School (24145 Coates Rd.) Lake Charles-SOWELA (Art & Humanities Bldg. 3820 Sen. J Bennett Johnston Ave)
03/17/2017	Baton Rouge-LA Retirement Systems Building (8401 United Plaza Blvd., 4 <sup>th</sup> floor) New Orleans-NOCCA (2800 Chartres St.)
03/20-21/2017	New Orleans-University of New Orleans- Univ. Center Rm. 206 (2000 Lakeshore Dr.) Leesville-Pickering HS & ES (116 Lebleu Road)
03/21-24/2017	Ruston-LA Tech University (331 Keeny Circle LA Tech Campus)
03/22/2017	Denham Springs-Juban Parc JHS (12470 Brown Road) Franklinton-Washington Parish-Franklin Elementary School Gym (345 Jaguar Drive) Vidalia-Concordia Parish School Board- Central Office (4358 Hwy 84 West)
03/23/2017	Franklinton-Washington Parish-Franklin Junior High School Library (617 Main St.) Monterey-Concordia Parish School Board Monterey High Sch. (5920 Highway 129)
03/24/2017	Vidalia-Concordia Parish School Board- Vidalia Junior High (210 Gillespie Street)
03/27/2017	New Orleans-Delgado CC Sidney Collier College (3727 Louisa Street)
03/27-30/2017	Baton Rouge-LA Workforce Commission Training Center (2155 Fuqua Street) Baton Rouge-LaSalle Building (617 North 3 <sup>rd</sup> Street)
03/28/2017	Ferriday-Concordia Parish Sch. Board Ferriday Upper Elem. (151 Martin Luther King)
03/30/2017	Angie-Washington Parish-Varnado High School (25543 Washington Street)

## 2017 Capitol Area Heart Walk

**When:** Saturday, April 8, 2017

**Time:** 8:00 am Check-In  
9:00 am 5K with 1 mile option

**Where:** LSU Old Front Nine  
Nicholson at Nicholson Ext., Baton Rouge, LA 70803

Heart disease and stroke affects all of us. Join the Heart Walk, start Heartwalking and make the commitment to being healthy for good. Help to build healthier lives, free of cardiovascular diseases and stroke. [Click here to register.](#)

## Easy Chicken Taco Salad

Healthy doesn't have to mean eating plain old grilled chicken breasts every day. Keep lunch flavorful with this easy chicken taco salad: creamy salsa-ranch chicken breasts and crunchy tortilla chips all over a fresh bed of crisp romaine lettuce. It's a one pan wonder that's ready in 20 minutes or less.

### Ingredients

- 1 tablespoon olive oil
- 2 chicken breasts, cut into thin strips
- ½ teaspoon sea salt
- Freshly ground pepper, to taste
- ½ teaspoon chili powder
- ½ cup ranch dressing
- ½ cup salsa
- ½ head romaine lettuce, torn
- 1 cup crumbled tortilla chips
- ½ cup grated cheese

1. Heat the olive oil over medium heat then add in the chicken strips. Coat the chicken in the oil by stirring it well. Sprinkle with salt, pepper and chili powder. Stir over medium heat until fully cooked, about 10 minutes.
2. Meanwhile, stir ranch dressing and salsa together. Reserve 2-3 tablespoons for the greens. Once the chicken is cooked pour the dressing/salsa combo over it, stir well and reduce to a low simmer for 5 more minutes. Stir a few times.
3. Grate your cheese and toss the greens with the reserved dressing. Build your plate starting with the greens, chips, chicken mixture and lastly the cheese.
4. Feel free to top with tomatoes, purple onions, or other vegetables of your choosing to make a colorful plate.

\*\*\*Makes approximately 2 servings (Serving size ½ of recipe)\*\*\*

For more information, visit us at [www.bcbsla.com/ogb](http://www.bcbsla.com/ogb)

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