Physical Activity Tip:
Explore newspapers, mailers, websites, and bulletin boards to find enjoyable and inexpensive recreational opportunities in your own community.

Nutritional Tip:
Walnut oil, which is used in this week’s recipe, has a nutty flavor and provides alpha-linolenic acid (LNA), which can become an omega-3 fatty acid in the body. Research suggests that omega-fatty acids may be helpful in treating a variety of health conditions. The evidence is strongest for heart disease.

Health Coach:
Health coaches are available to support you in your healthy living goals, whether you’re trying to manage your weight or quit using tobacco. Call the Health Coach line at 1-800-807-0751.

Becky Maners
UPMC Health Plan Health Coach
Advice from Becky: Every time you eat a meal, sit down and chew slowly. Remind yourself to enjoy the food. Pay attention to flavors and textures when you eat.

Arugula, Pear, and Blue Cheese Salad
Arugula is an aromatic salad green with a peppery mustard flavor. It is also known as rocket, roquette, rugula, and rucola, and is popular in Italian cuisine.

Ingredients:
- 3 fresh pears
- 2 tsp. lemon juice
- 1 tsp. lemon peel
- 2 tsp. walnut oil
- 4 oz. fresh arugula
- 1 oz. crumbled blue cheese
- ¼ cup dried cranberries

Preparation:
1. Peel and core pears, and slice thinly. Place in a bowl and moisten with lemon juice to keep them white.
2. Combine walnut oil with the pears. Add arugula and toss to mix.
3. Divide among 4 salad plates. Top each portion with crumbled blue cheese and dried cranberries. Season to taste with salt and pepper.

Yields 4 servings
Nutritional Information Per Serving: 150 calories, 2.8g protein, 26.1g carbohydrate, 5.0g fat, 5mg cholesterol, 107mg sodium

UPMC Health Plan is proud to sponsor America On the Move in Pittsburgh — part of a national initiative to promote active living and healthy eating across the country. Visit the America On the Move website at www.americaonthemove.org and click on “Get Involved Today” to access free tools for tracking and modifying physical activity, eating, and body weight.