



# VitaMin

Vital health information in a minute

## CHASE AWAY THE BLUES WITH EXERCISE

Do you gravitate toward the couch when you're feeling sad, worried or stressed out? It's normal to just want to veg out when you're feeling down. But if you do something active instead, you'll get the physical benefits of exercise – plus a natural boost to your mood. Getting motivated is the hard part, but you'll be glad you did.

Regular exercise can help combat depression, anxiety and everyday stress.<sup>1</sup> It doesn't have to be something strenuous like sweating it out in a 60-minute aerobics class. Any form of activity can give you a boost – think washing the car or walking the dog.

Here are some ways exercise can help your mental health and well-being.

### Release feel-good endorphins

Working out can trigger a positive feeling in the body, also called a runner's high. And you don't have to be a runner to experience it. Any activity that gets your muscles moving and your heart pumping helps you release chemicals called endorphins.<sup>1</sup>

*Try this:* Walk at a brisk pace for 30 minutes.

### Clear your mind

Physical activity can also help you feel better simply by shifting your focus. Doing something active with your body can take your mind off negative thoughts and worries that fuel depression and anxiety.<sup>1</sup>

*Try this:* Tackle a cleaning project at home like vacuuming or washing windows.

### Source:

1. Mayo Clinic. "Depression and anxiety: Exercise eases symptoms." Web (last reviewed/updated September 27, 2017).

This is general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new diet or exercise program.

**Together, all the way.®**



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Life Insurance Company of North America, Cigna Life Insurance Company of New York (New York, NY), Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

913781 01/19 © 2019 Cigna. Some content provided under license.

# VitaMin



Vital health information in a minute

Photo: Greg DuPree

## APRICOT-SAGE CHICKEN WITH CARROTS

**Yield: Serves 4 (serving size: 1 chicken thigh, ½ cup carrots and 3 tablespoons sauce)**

**Total time: 20 minutes**

### Ingredients

- › 1 tablespoon olive oil
- › 4 (4 oz.) skinless, boneless chicken thighs
- › ¾ teaspoon kosher salt, divided
- › ¾ teaspoon black pepper, divided
- › ½ cup unsalted chicken stock
- › ¼ cup apricot preserves
- › 1 tablespoon Dijon mustard
- › 2 cups thinly diagonally sliced carrots
- › 4 teaspoons finely chopped fresh sage, divided
- › 1 tablespoon thinly sliced garlic
- › 2 tablespoons unsalted butter

### How to make it

1. Heat olive oil in a large skillet over medium-high. Sprinkle chicken with ½ teaspoon salt and

½ teaspoon pepper. Add chicken to pan; cook three minutes per side or until browned (chicken will not be cooked through). Remove chicken from pan (do not wipe out pan).

2. Combine stock, apricot preserves and mustard in a bowl, stirring with a whisk. Add carrots, 1 tablespoon sage, and garlic to pan; sauté 4 minutes. Add apricot mixture and chicken to pan; reduce heat to medium, cover and cook 8 minutes or until chicken is done. Remove pan from heat. Place chicken and carrots on a platter. Add remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper and butter to pan, swirling until butter melts. Spoon pan sauce over chicken; sprinkle with remaining 1 teaspoon sage.

### Nutrition information

#### Amount per serving

- › Calories: 313
- › Fat: 14 g
- › Saturated fat: 5 g
- › Unsaturated fat: 8 g
- › Protein: 24 g
- › Carbohydrate: 22 g
- › Fiber: 3 g
- › Sugars: 13 g
- › Added sugars: 5 g
- › Sodium: 642 mg
- › Calcium: 6% DV
- › Potassium: 17% DV

Printed with permission of *Cooking Light*, December 2017

Together, all the way.®



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Life Insurance Company of North America, Cigna Life Insurance Company of New York (New York, NY), Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.