PARSONS | sharecare

LIVE WELL. BE WELL.

NOURISHING NEWS

Physical Well-being 2025

"Let food be thy medicine, and medicine be thy food."
- Hippocrates

Healthy Portions for a Healthy Plate

Over the past few decades portion sizes have significantly increased. With more food and calories available to us at each meal, overall health has been impacted. More and more Americans are experiencing negative health outcomes like weight gain, increased risk for chronic disease (such as type 2 diabetes and heart disease), and a disruption to the body's natural satiety cues. Avoid portion distortion and build a healthy plate at every meal with these tips!







1. **Explore Healthy Servings Sizes.** 3 ounces of lean meat is about the size of a deck of cards, a serving of potatoes is the size of a cupped hand, 1/2 cup of ice cream is the size of a tennis ball. Train your eyes to understand a healthy portion vs. a supersized portion.
2. **Pick your Plate.** Even our dinner plates have grown over time. Try serving your meals on a 9-inch plate. By filling this plate instead of a larger one, we can satisfy our psychological need to eat a full plate of food!
3. **Read and Understand Nutrition Labels.** Comparing calories is not to only important thing. Be sure to check out serving size as well to understand how MUCH of the item is recommended for one serving.

Quarter 1 Health Observances

January:

Thyroid Awareness
- Visit thyroid.org to learn more

Cervical Health Awareness
- Check out the National Cervical Cancer Coalition for more info

February:

American Heart
- Learn more with the Heart Foundation

Cancer Prevention
- Explore resources through the CDC

March:

National Nutrition
- Explore eatright.org

Check out Human Resources (HR) on Workplace for the Live Well. Be Well. Monthly Calendar of Events & additional communications!

Live Well. Be Well. is back for 2025!

Support your well-being AND earn rewards.

Regular US Medically Enrolled Employees: Earn your **$50 monthly Wellness Credit** in 2026 when you earn 1,000 points and complete (and self-attest to) your annual physical by **November 30, 2025.**

ALL Regular US Benefits Eligible Employees: Achieve at least 250 points per quarter to earn an entry into the quarterly sweepstakes drawing!



1. https://you.sharecare.com/topics/3de3/articles/97067c52-caf2-449a-acc0-69cf704c0d3a

♥ SPOTLIGHT CENTRAL ♥

Live Well. Be Well. Winners!

Did you know that your Live Well. Be Well. program has a prize drawing for individuals who have earned 250 points during each quarter by completing wellness activities on the Sharecare platform?

Help me in congratulating our 2024 Q3 Winners:

- Monica Suarez
- Tracy Colby
- Shaunda Rivers
- Destinay Graham
- Celso Araujo
- Chase Garcia
- Andrew Blevins
- Vanessa Malewitz
- Richard Simun
- Ronald Tucker
- Alison Cook
- Scott Senter
- Dhiraj Khanal
- Kenya Farmer
- Eric Helton
- Alex Kulzer
- Pradeep Kumar
- Javier Cazares Martinez
- Jennifer Bergstrom
- Janay Smith
- Douglas Courtney
- Deborah Partridge
- Mary Scarborough
- Alyssa Bryant
- Paige Edwards
- John Meier
- Andrew Lillien

If you would like to be entered into the next Quarterly Drawing for a chance to win a **$150 gift card,** complete the following steps by **March 31, 2025:**

- Register or sign into your account at parsons.sharecare.com
- Earn 250 points through the completion of well-being activities

2025 Q1 Winners will be notified in April!



Live Events in Quarter 1



- **Intuitive Eating Workshop:** Learn what intuitive eating is and how to incorporate healthier eating habits into your daily life while practicing mindfulness techniques.
  - Date/times: January 16th at 12 pm ET & 3 pm ET
  - Location: Live Well. Be Well. Teams Meeting Room
  - Additional details will be posted on Workplace as the event nears. Earn **100 points** toward your Live Well. Be Well. rewardable activities & be entered into a prize drawing for participating!



- **Healthy Plate Nutrition Challenge**
  - Date: February 1- February 29
  - Track your diet at any level for 21 days in February to successfully meet the challenge goal. Challenge completers will earn **200 points** toward your Live Well. Be Well. rewardable activities & be entered into a prize drawing!
  - Register & participate at parsons.sharecare.com

- **Wellness Wednesday Coffee Talks:** Join your Wellness Manager to discuss various topics related to your physical well-being!
  - Date/times: The 2nd and 4th Wednesday of the month (Jan-Mar) at 11 pm ET & 2 pm ET
  - Location: Live Well. Be Well. Teams Meeting Room
  - Additional details will be posted on Workplace as the events near. Earn **25** points for attending!

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BASIL AND CHIVE CHICKEN BREASTS

This protein-rich chicken dish will help you recover from even the toughest workouts, plus it's easy and delicious! Plan ahead when you know you're going to want a quick healthy meal.

Ingredients

- 1/3 oz dried basil
- 1/4 oz dried chives
- 1/4 cup fresh lemon juice
- 1/4 cup white wine
- 1/2 oz minced garlic
- 1/2 tsp black pepper
- 1/2 cup olive oil
- 6 boneless, skinless chicken breasts, about 4 oz each

Preparation

- Whisk together basil, chives, lemon juice, white wine, garlic, black pepper and olive oil. Pour over chicken, turning to coat evenly. Refrigerate for 24 hours.
- Heat oven to 350 degrees. Remove chicken from marinade and discard marinade. Arrange chicken on baking sheet and bake for 20 to 25 minutes or until chicken is thoroughly cooked.

Nutrition (per serving)

Yield: 6 servings; Calories 168; fat 6.1g; saturated fat 1.3g; carbohydrate 0.6g; cholesterol 70mg; fiber 0.2g; protein 25.8g; sodium 62mg

All regular US benefits-eligible Parsons employees are eligible to participate in Live Well. Be Well.

Scan the QR code to earn 10 points for reading this newsletter!

SCAN ME