Take time this month to focus on your own or a woman you love’s health.

Too often, women don’t make their health a priority, putting the needs of their family, friends, and coworkers ahead of their own. This month, we encourage women to take charge of their health by setting attainable goals and following these simple tips.

Health Habit

This month’s goal: Try to meet the Center for Disease Control and Prevention’s recommended exercise target of 150 to 300 minutes of moderate aerobic activity or 75 to 150 minutes of vigorous aerobic activity weekly.

Try it: Start by taking a brisk walk around your neighborhood and gradually building up speed and distance over the course of the month.

Recipe of the Month

PASTELE STEW

Pasteles are a traditional Puerto Rican dish that are now a local favorite. Although they’re especially favored around Christmas, we eat them year-round in Hawaii. Making pasteles is a labor-intensive project but making pastele stew is much easier. Get the full recipe on islandscene.com/pastele-stew.

For more info, go to hmsa.com/well-being. To take the RealAge® Test, visit hmsa.com/sharecare.

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