

## Easy Greek Salad



### Ingredients

- 6 romaine lettuce leaves (torn into 1 1/2 inch pieces)
- 1 cucumber (medium, peeled and sliced)
- 1 tomato (medium, chopped)
- 1/2 cup red onion (sliced)
- 1/3 cup feta cheese (crumbled)
- 2 tablespoons olive oil (extra virgin)
- 2 tablespoons lemon juice
- 1 teaspoon oregano (dried)
- 1/2 teaspoon salt

### Directions

1. Combine lettuce, cucumber, tomato, onion, and cheese in large serving bowl. Whisk together oil, lemon juice, oregano, and salt in small bowl.
2. Pour over lettuce mixture; toss until coated. Serve immediately.

### Nutrition Information

Yields: 6 servings

Serving size: 1 cup (93g)

Calories	79
Total fat	6g
Saturated fat	2g
Cholesterol	7mg
Sodium	277mg
Carbohydrates	4g
Dietary fiber	1g
Total sugars	2g
Protein	2g

## Manage Stress

Not all stress is bad. But long-term stress can lead to health problems.

Preventing and managing long-term stress can lower your risk for other conditions like heart disease, obesity, high blood pressure, and depression.

You can prevent or reduce stress by:

- Planning ahead
- Deciding which tasks need to be done first

Some stress is hard to avoid. You can find ways to manage stress by:

- Noticing when you feel stressed
- Taking time to relax
- Getting active and eating healthy
- Talking to friends and family

### Plan and Prepare

You can't always avoid stress, but you can take steps to deal with stress in a positive way. Being prepared and feeling in control of your situation might help lower your stress.

Think ahead about how you're going to use your time. Write a to-do list and figure out what's most important—then do that thing first. Be realistic about how long each task will take.

### Get Support

Tell your friends and family if you're feeling stressed. They may be able to help.

Stress is a normal part of life. But if your stress doesn't go away or keeps getting worse, you may need help. Over time, stress can lead to serious problems like depression or anxiety.

## Fitness Tip



Regular physical activity is one of the most important things you can do for your health.

Everyone can experience the health benefits of physical activity—age, abilities, ethnicity, shape, or size do not matter.

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that moderate-intensity aerobic activity, such as brisk walking, is generally safe for most people.