

In the pursuit of a fulfilling life, happiness is a goal for many. However, happiness is not an isolated

overall physical and mental health. By

## Muffints

The U.S. Preventive Services Task Force (Task Force) now recommends that adults under the age of 65 get regularly screened for anxiety. For the first time, the Task Force recommends screening all adults under

symptoms. This is meant to help primary care clinicians identify early signs of anxiety, which can go undetected for years.

The latest recommendation also focuses on screening for specific groups of people, especially those who are pregnant and have given birth within the past year. Last year, the Task Force recommended screening children ages 8 to 17 for anxiety. This now means all Americans ages 8 to 64 should be screened for anxiety. Anxiety disorders typically begin in childhood and early adulthood, and symptoms appear to decline with age. Contact a doctor if you have concerns about anxiety.

Makes: 6 servings

2 cup nonfat milk
cup applesauce
2 cup all-purpose flour

The American Heart Association recommends 150 minutes or more of moderate to v gorous physical activity each week an optimal pattern. New research published in The Journal of the

realize the same cardiovascular health benefits as those who work out multiple times a week. A weekend warrior fits a exercise into a couple of days.

The study four d that working out at least 150 minutes each week can help cut risk of stroke, heart attack and atrial fibrillation (also known as AFib) and those minutes can be split equally across the week or concentrated into the weekend. A minutes, you can reap cardiovascular benefits. The weekend warrior

schedule short on time during the week. Talk to your doctor before starting a new exercise regimen.