

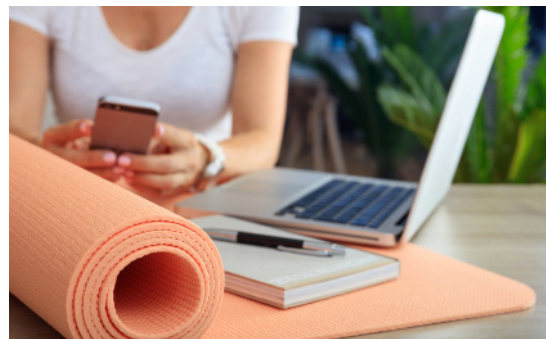
Health & Well-Being Tips

Five easy things you can do to stay healthy!



In today's busy and stressful world, it can be difficult to maintain healthy habits and practice overall wellness. Implementing healthy habits and wellness techniques are key for reducing the likelihood of developing serious health issues like diabetes and obesity and supporting general mental and physical health.¹

Here are 5 tips you can try to incorporate into your daily routine:



Eat a variety of nutrient dense foods and practice moderation. Incorporate colorful fruits and vegetables, whole grains, lean proteins, and good fats into your daily diet.² If plain vegetables aren't your thing, dress them up with olive oil and herbs for a source of good fat and flavor. Whenever possible, try to maintain a consistent eating schedule, as skipped meals can lead to blood sugar crashes and increased cravings.³ Try to moderate or limit overly processed, sweetened, or sodium laden foods like ice cream, chips, and burgers.

Don't skimp on sleep. Did you know that most adults need seven or more hours of deep, uninterrupted sleep a night?⁴ Getting enough sleep each night lowers your risk for serious health problems, helps you stay at a healthy weight, reduces stress, and can improve your mood.

Move your body regularly. Adding regular cardio to your routine can add positive benefits to both your physical and mental health. 150 minutes (about 2 and a half hours) of moderate cardio or 75 minutes of vigorous activity a week help to reduce belly fat, helps in aiding metabolism, and provides stress relief and mental clarity.⁶ Biking, swimming, and even mowing the lawn are great ways to stay active.

Reduce stress. Relieving stress can help with both your mental and physical health. Most stress relief activities require minimal time and thought but can help restore calmness during a chaotic day. For quick stress relief activities, try 30 minutes of yoga, deep breathing exercises, meditation, or writing. Seeking assistance from a professional counselor can also help to identify stressful triggers and brainstorm new coping tools. Your insurance plan might also cover the cost of a counselor or therapist. Check with your provider to see if they cover these services.⁷

Utilize preventative services to stay healthy. Most insurance plans offer preventative services that are low or no cost to individuals. Annual physicals, and other preventative care services, are an effective way to help avoid health problems or catch them early on. Check with your insurance provider to see which services are covered under your plan!

1. U.S. Department of Health and Human Services. (2018). Physical Activity Guidelines for Americans (No. 2). https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

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4, 5. Get Enough Sleep - MyHealthfinder | health.gov. (2021, August 1). MyHealthfinder. <https://health.gov/myhealthfinder/topics/everyday-healthy-living/mental-health-and-relationships/get-enough-sleep>

6. Exercise: How much do I need every day? (2021, September 22). Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916#:~:text=Get%20at%20least%20150%20minutes,the%20course%20of%20a%20week>

7. Stress relievers: Tips to tame stress. (2021, March 18). Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>