

Healthy Changes

Being healthy is about more than having a great set of abs or maintaining an ideal weight — it's about feeling good, inside and out! If you are looking for small, simple ways to improve not just your health, but your overall wellbeing, try these tips:



- ▶ **Exercise.** Regular physical activity will help you maintain a healthy weight, manage your emotional health, and increase your stamina. It may also decrease your risk for a variety of illnesses. Aim for 30 minutes of exercise four to five days a week. If it's hard to fit that into your schedule during the workweek, try for three 10-minute exercise breaks throughout the day. (Check with your physician before starting any exercise routine.)
- ▶ **Nutrition.** Your diet doesn't just impact your weight — it affects both your physical health and mental clarity. Make fresh fruits and vegetables and whole grains the core of your diet and cut back on fried, high-fat, or processed foods. Eating well may decrease your risk of developing heart disease, diabetes, and some forms of cancer. You'll feel better too!
- ▶ **Healthy habits.** If you smoke, LifeMatters can provide resources for quitting. If you choose to drink alcohol, the Centers for Disease Control recommends no more than one drink per day for women and two for men. Focus on safety by wearing your seat belt at all times and testing your home's smoke alarms and CO2 detector on a regular basis. Stay on the recommended schedule for your doctor and dentist checkups.
- ▶ **Rest.** Aim for 7-9 hours of sleep per night. Tips for getting a good night's sleep include avoiding alcohol, caffeine, or exercise within three hours of bedtime and avoiding screen time an hour before bed. Insomnia is sometimes the result of an underlying medical condition, so talk to your doctor if you struggle to fall asleep or stay asleep on a regular basis.
- ▶ **Stress management.** Stress depletes the body's ability to fight off illness and infection. Yoga, meditation, writing in a journal, and setting aside time for activities you enjoy are good ways to manage stress.

For more ideas on how small changes could lead to a more healthy you, contact LifeMatters. Help is available 24/7/365.

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