

# Healthy Habits

Tips and resources for living well



## This Month: Kick Your Summer Into High Gear!

**Switch up your workout.** As summer starts to wind down, it's a great time to recharge your workouts. Changing up your exercise routine is good for your overall health and can keep you motivated and on track. A little bit of variety can make all the difference! In this edition of Healthy Habits, you will learn about exercise trends, the key components to a well-rounded workout, and get recommendations for pre- and post-workout nutrition.

**Remember,** you can always contact your Wellness Coach, who can work with you by telephone or email, for more help revamping your workout routine.

### Start getting fit today!

#### Your Wellness website can help

Your Wellness website features a variety of resources to help you begin an exercise program, understand how exercise benefits you, and give you workout ideas to try. Log on today to participate in a wellness workshop or tutorial. These fun, interactive, six-week programs can help you get on the path to fitness, plus meet other health goals.

**Get started now!**

[www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)

### Try something new!

#### Fun exercise trends

Tired of doing the same old fitness routine? Switching up your workouts can make exercise more fun, interesting and effective! Below, check out two exercise methods you can incorporate into your fitness routine.

- **Interval training** involves alternating high-energy exercises like jogging with less intense activity such as walking. It can improve stamina and may help with weight loss. You can add intervals to your cycling or elliptical workout by turning up the resistance for a minute or two, then slowing down for another minute or two.
- **Yoga** is a series of poses that combines strength training and flexibility and can keep you feeling limber and relaxed. Before starting, be aware of your physical abilities and limitations. If you're new to yoga, aim to challenge yourself, and be sure to let the instructor know about any limitations or concerns.

**Remember:** Always bring water to keep you hydrated when you're working out, and make sure to talk to your physician before starting any new exercise plan.

For more help finding ways to exercise, contact your Wellness Coach!

### Get Started Today

**Phone:** 800.832.8302

**Web:** [www.HHHealthAssociates.com](http://www.HHHealthAssociates.com)

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## Well-rounded workouts

### Key fitness components

No matter your fitness goal or level, it's important to follow a well-rounded routine. Your workouts should include the following three components:

- ✓ **Aerobic activity**
  - **Benefits:** Helps burn calories; keeps your heart in good condition
  - **Examples:** Running, swimming, walking, biking, dancing
- ✓ **Strength training**
  - **Benefits:** Helps maintain healthy weight, bone density, and increase or keep muscle mass
  - **Examples:** Weight training; resistance exercises (squats, pushups)
- ✓ **Stretching**
  - **Benefits:** Help maintain normal joint and muscle range of motion; may improve performance in competitive sports
  - **Examples:** Yoga, gentle calf and hamstring stretches, dynamic stretching before competitive sports

Looking to balance your workouts? Call your Wellness Coach for tips and advice!

## Track your exercise progress!

### Visit your Wellness website

Studies show that tracking can help keep you motivated to meet your goals. If you are working toward a fitness goal, consider tracking your exercise. Whether you are just starting out and aiming to walk three days a week or are gearing up to run a marathon, tracking your exercise can help keep you on pace and help you visualize your progress. Tracking your exercise is easy—you can log it right on your Wellness website!

Your Wellness website features a variety of easy-to-use health trackers to help you stay on top of your wellness goals. In addition to tracking your exercise, you can also track your food and water intake, weight, sleep, and more.

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## Fuel your body!

### Workout nutrition

Depending on the type of exercise you plan to do, you may need to snack before and/or after your workout. Try these tips:

- **30–60 minutes before exercising:** Have a snack to help you feel more energetic and keep your blood sugar levels up. Eat an apple with peanut butter, Greek yogurt with fruit, or a hard-boiled egg with raw veggies.
- **Within 20-30 minutes after your workout:** Have a snack to restore energy and rebuild muscle. Aim to incorporate protein and carbohydrates. Try chocolate milk, an apple with cheese, or pita and hummus.
- **Before, during, and after your workout:** Drink fluids to help prevent dehydration. The amount of water you need depends on factors like weather conditions, gender, age, and exercise intensity.

Contact your wellness coach if you have any questions about what to eat before and after your workouts.

## Your Wellness Website

### Expert wellness help, 24/7

Your Wellness website features fun tools and resources to help you reach your wellness goals. Log on today to:

- Contact a Wellness Coach
- Take online workshops for help losing weight, getting fit and more
- Log your progress with food and exercise trackers
- Access wellness tips, articles, and healthy recipes

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## Real Members... Real Advice

As part of your Wellness program's Got Fitness campaign, which helps you begin an exercise program, we asked our participants to share how they're working out outdoors. Check out their ideas!

"I will be going on a hike along the river." – *Bert*

"Tricep dips on a bench." – *Janet*

"Take my dogs for a walk up the hills in my neighborhood." – *Penny*

"I will practice karate in the park after work." – *Rachel*

**Want to participate in Got Fitness?** This year's campaign has ended, but watch your Wellness website for details on how to register for Got Fitness 2015!



**Reminder!** Your **Wellness Coach** is available via telephone, email or instant message to help you reach your health goals.

### **Wellness Coaching**

Your personal Wellness Coach can help you lose weight, eat better or reach other health goals.

### **Your Member Website**

Visit your member website for information, tools, tips and more!

## Get Started Today

### **Who is eligible?**

The Wellness Coaching feature is available to eligible employees, their spouses and dependent children, age 18 and older.



## Help is Just a Phone Call Away

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