

# Healthy Habits

Tips and resources for living well



## Building a healthier you, from the inside out.

### Let Us Help!

Whether you already lead a pretty healthy lifestyle or you have a few wellness goals you're working toward, nearly everyone can benefit from making a healthy change or two. This month, we'll provide tips to help you get healthier and stronger from the inside out! In this issue of Healthy Habits, you will learn about exercises that can strengthen your bones, foods to eat for a nutritious, vitamin-rich diet, and more. And remember, our expert Wellness Coaches are here to help you with a wide range of issues, like nutrition, fitness, weight management, stress reduction, and more.

### Improve your health today! Sign up for Wellness Coaching

Do you want to get healthy? Maybe you want to lose weight, eat better, or quit tobacco? Just call to speak to a Wellness Coach. Then, by phone, email or instant message your Coach will help you reach your health goals—and stay with you every step of the way!

#### We'll help you:

- Set goals and create action steps
- Stay on track with motivation
- Use tips and helpful resources like healthy recipes and workout routines to meet your goals

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

Get started now!



### Need expert help?

### Contact your Coach!

### Trusted help any time of the year

With the change in seasons come changes to your routines. As the weather grows colder and the holidays get closer, you may have questions about what to eat, where to exercise, and how to stay well. H&H Health Coaching is here to help! Call your Wellness Coach for answers to questions like:

- What are some healthy Halloween treats I can make?
- What types of fruits and vegetables are in season now?
- As the holidays approach, how can I manage my stress level?
- As the weather gets cooler, what are some indoor exercise ideas I can try?
- My weight loss has plateaued—how can I lose those last 5 pounds?



These are just a few of the questions H&H Health Wellness Coach can help answer call to find help and solutions for these concerns, and more!

### Get Started Today

Phone: 800.832.8302

Web: [www.HHHHealthAssociates.com](http://www.HHHHealthAssociates.com)

# Healthy Habits



## Log your exercise sessions! Track your progress on our wellness website

Regular exercise is essential for good health.

If you're just starting out with exercising, you can start small (say, 20-30 minutes of exercise three times a week) and then increase your goals as you gain experience. One way to stay on track with your goals and stay motivated is to track your progress. Keeping a record of the amount of time or the distance you exercised 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.



## Strengthen bones with exercise

Like muscles, bones also get stronger with exercise. You can keep your bones strong by incorporating weight-bearing and muscle-strengthening exercises into your workout.

Examples of these types of activities include:

- **Brisk walking**
- **Tennis**
- **Dancing or Zumba**
- **Resistance training**

If some of these exercises are new to you, start with just a few minutes a day. Eventually, you can increase your physical activity to 30 minutes a day to reap greater health benefits. And remember, before beginning any fitness regimen, consult your doctor.



## Ask a Wellness Coach! What foods provide bone- strengthening vitamins?

To maintain optimal health and build strong bones, it's necessary to consume foods that contain calcium and vitamin D. Calcium-rich foods you can include in your diet are:

- **Dairy products**—low fat milk, cheese, and yogurt
- **Broccoli and dark, leafy green vegetables**—kale, spinach, and collards
- **Calcium-fortified foods**—orange juice, cereal, soy beverages, and tofu products
- **Nuts, such as almonds.** Almond milk is a good source of calcium, too!

Vitamin D is present in very few foods, but can be found in:

- **Eggs** (including the yolk)
- **Fatty fish** (salmon, trout, and tuna) and flat fish (sole, flounder)
- **Milk, orange juice, and cereal fortified** with vitamin D

Your diet should be your primary source of calcium and vitamin D. And according to the Mayo Clinic, if you eat a balanced diet and spend 1.5 to hours in the sunshine each week, you should reach the recommended amount of vitamin D.



# Healthy Habits



## No equipment, no problem!

### Exercise ideas from our members

Staying active is a great way to keep your bones in optimal health. Even if you don't have time to hit the gym, you can still find ways to exercise at home! The Wellness Coaches recently asked some of our members to tell us what equipment-free exercises they enjoy doing—and we're sharing a few of our favorite responses with you. Try one of these fun ideas today!

**"I am going to use a chair or bench** and do the arm exercise where you drop down with your legs in front of you and use your arms to pull yourself back up. This worked wonders in the past for me and I am excited to start them again." – *Sharon*

[Click here to learn how to do this exercise!](#)

**"My equipment-free exercises of choice are planks and squats.** I can do them anytime and anywhere!" – *Brenda*

[Click here to learn how to do squats!](#)

**Need help getting started with an exercise plan? Call your Wellness Coach for help!**

## Find your perfect running or walking shoes!

### Shoe-shopping tips

The best shoe for walking or running is the one that fits you the best and gives you proper support, cushioning, and flexibility. Here are a few tips to help you find the perfect pair:



- **Wear sport-specific shoes.** Sport-specific shoes are designed to protect your feet during specific activities. For example, walking shoes have cushioning in the ball of the foot, where most of the stress occurs.
- **Shop at a specialty store.** A knowledgeable salesperson can properly measure your foot, find the right fit, and match you with the best shoe for your activity.
- **Don't think you can "break in" the shoe:** Shoes don't adjust to your feet, and don't expect your feet to adjust to the shoe. Take time to walk, run and move around the store to make sure that the shoes are comfortable from the get-go.

**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!

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

### **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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