

Health**Advocate**@yourservice

Healthy Habits

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Stay happy and healthy during the holidays

Let Us Help!

The holidays are finally here, and it's important to stay healthy so you can enjoy all the festivities. This month, we'll provide tips to help you maintain your health during the holiday season. In this issue, you will learn about ways to stress less, eat well (but still enjoy a few indulgences), stay active, and more. And remember, our expert Wellness Coaches are here to help you with a wide range of issues, from nutrition and fitness to weight management and stress reduction, and more.

We Can Help You Maintain Good Health

Your Health Advocate Wellness website features a variety of resources to help you improve your health, like workshops and tutorials, health trackers, and healthy recipes to try. Log on today to participate in a wellness workshop or tutorial. These resources can help you get on the path to better health, plus meet other health goals.



Get started now!

Keep-calm tactics

'Tis the season to stress less!

Getting caught up in the spirit of the holidays can add stress to your already busy life. Try these tips to stay calm:

- **Plan ahead.** Set aside specific days for shopping, baking, or visiting with friends.
- **Learn to say no** when your holiday calendar gets too full. It's okay to set boundaries and decline invitations sometimes.
- **When it's cold outside** and life gets a little chaotic, treat yourself to a nice, relaxing bath.

Make this holiday season one to look forward to, not one to stress about!

Call your Wellness Coach for more ways to manage stress during the holidays!

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 secure web 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

Go online for added support!

Your confidential Wellness Website is packed with fun, interactive tools:

- Take your Personal Health Profile
- Sign up for a Wellness Workshop or tutorial
- Track healthy activities
- Sign up for seasonal Wellness Campaigns to keep you focused

Sign up for Wellness Coaching today!



Log your sleep!

Track your zzz's on your Wellness website

To stay healthy during the hectic holiday season, it's important to make sure you get enough sleep. Most adults need 7-8 hours of sleep daily. Logging your sleep can help you be more mindful of your rest and allow you to notice areas for improvement. We make it easy to track your sleep—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 sleep, you can also track your exercise, weight, and more.



Keys to better holiday nutrition

Balance and moderation!

Eating healthy during the holidays doesn't have to be hard. In fact, it can be quite delicious! Try these simple tips.

- **Follow the My Plate Model.** Fill at least half of your plate with fruits and vegetables, then whole grains and protein. Fill up on the good stuff!
- **Small, frequent snacks.** Eat small, healthy snacks (like fruits and vegetables) in between meals so you can keep a handle on your hunger.
- **Limit desserts.** Ideally, dessert should only make up 10% of your diet (that's about 150 – 200 calories).
- **Drink in moderation.** Treat alcohol like a dessert and drink no more than one, or two for men, beverages containing alcohol.
- **Enjoy eating!** Don't forget to enjoy the actual meal. Eat slowly. Savor the flavors. Stop when you are no longer hungry. The less you eat today, the more leftovers you have tomorrow!



Remember, focus on moderation and balance to keep your holidays nutritious and enjoyable.

Your Wellness Coach is a great source for ideas to help you eat healthy during the holidays. Call today for personalized, one-on-one guidance!

HealthAdvocate™

Always at your side

Reminder! Your Health Advocate Wellness Coach is available via telephone, email or secure web 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 Health Advocate member website for information, tools, tips and more!



Who is eligible?

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

Your Wellness website

Expert help, 24/7

Your Health Advocate Wellness website can help you meet your health goals like exercising and eating healthier. **Log on today to get started:**

- ✓ **Complete online** workshops or tutorials
 - ✓ **Access wellness tips**, articles, and healthy recipes
 - ✓ **Contact a Health Advocate** Wellness Coach
 - ✓ **Take your Personal Health Profile** (also known as a Health Risk Assessment)
- Get started now:**



How can I stay active during the winter?



It's important to remember that staying active is just as important in the winter as it is in the summer. Here are some ways to stay active during the colder months:

- **Stick to your schedule.** If you exercised at a certain time in the summer, that time will work just as well in the winter. Keep the habit going!
- **Get out there!** If you miss your outdoor runs, still do them—just be mindful of less daylight and colder temperatures. If it's dark, wear reflective clothing and bring a headlight to see your path. If it's cold, wear warm layers.
- **The more, the merrier!** Being active and spending time with family and friends can go hand in hand. Invite others to join you for fun activities that get everyone moving, like ice skating, sledding, or walking around the neighborhood to check out the holiday lights.

Want more wellness tips?

Visit your Health Advocate Wellness website for helpful tip sheets, wellness workshops or tutorials, and much more!



Make your voice heard!

Tweet us @HealthAdvocate and tell us how you stay healthy during the holidays! Your response may be featured in an upcoming newsletter.

Help is Just a Phone Call Away



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