

Healthy Habits

Tips, resources and support for living well



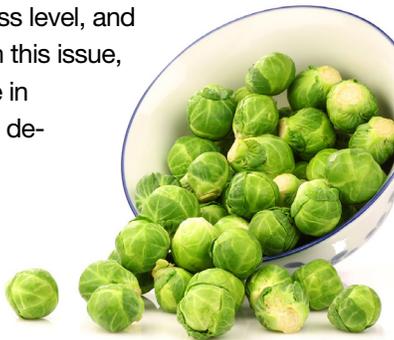
Starting Off the New Year!

Let Us Help!

The holidays are over, so now you may have more time to focus on your health. Perhaps you even have a new goal you're working to achieve. In fact, you may be one of many people whose target is to reach a healthy body weight. Your eating and exercise habits, stress level, and sleep can all affect your weight, so in this issue, you will learn about ways to exercise in winter, healthy foods to enjoy, tips to de-stress, and more.

We Can Help You Maintain Good Health

In this issue, you'll discover simple ways to improve your health and wellness. You'll also learn how your Health Advocate Wellness program provides you with the extra support you need to stay healthy.



Improve your health today!

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



Website Spotlight:

Wellness Workshop: Beginner Weight Loss

Is one of your New Year's resolutions weight loss? If so, we can help! Visit your Wellness website to take the Beginner Weight Loss workshop, which can help you make the healthy lifestyle changes you need to drop those extra pounds.

Remember, your Health Advocate Wellness website features a variety of resources to help you improve your health and well-being. **Log on to your member website today to explore all our expert resources!**

Need expert help? Visit your Wellness website

Trusted help any time of the year

With the new year in full swing, you may have questions about making healthy lifestyle changes and not know where to turn. Luckily, your Wellness website can help with a variety of health- and wellness-related concerns. Visit the website for answers to questions like:

- **How can I** safely drop the extra 5 pounds I gained over the holidays?
- **What are some** simple ways to improve my nutrition?
- **How can I** make sure to stick to my new exercise plan?
- **Do you have** any tips for sleeping better?

These are just a few of the questions Health Advocate can help answer. Visit your Wellness website to find help and solutions for these concerns, and more!



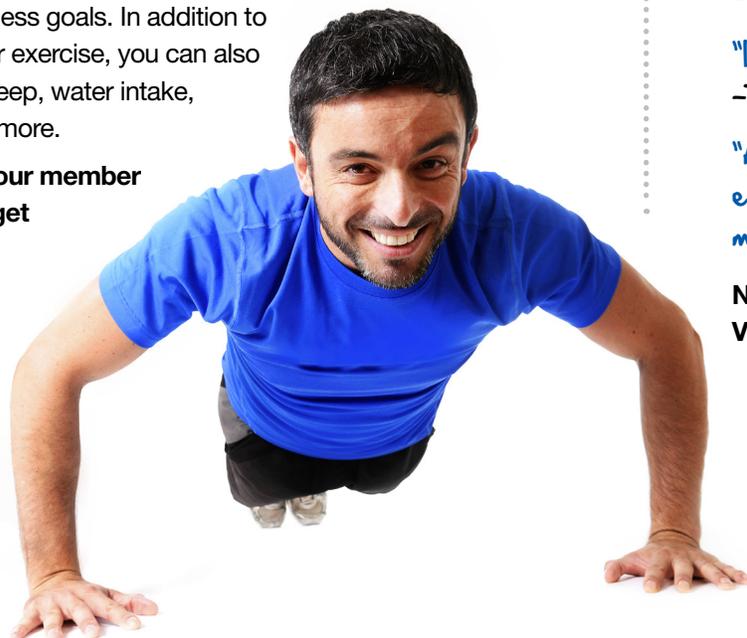
Log your exercise!

Track time exercising on the Wellness website

Looking to start the New Year by getting more fit or losing a few pounds? Logging your minutes of exercise can help you track your progress and identify areas for improvement. We make it easy to track your exercise—you can log it right on your Wellness website! Plus, if you have a Fitbit device that you use to record your activity, you can sync your Fitbit with the online exercise tracker!

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 sleep, water intake, weight, and more.

Log on to your member website to get started!



Beat stress!

Try these member tips

Even though the New Year is a time for a fresh start, it can also be a time of stress due to having a lot on your plate. We recently asked some of our members to tell us what their go-to stress relief technique is—and we're sharing a few of our favorite responses with you. Try one of these helpful ideas!

"Kickboxing is the best stress relief!"
-Theresa

"I sing and listen to music to calm down."
-Dawn

"My favorite go-to stress relief is exercise. It makes things seem much more manageable." -Melia

Need some more stress relief techniques? Visit your Wellness website for help!

Discover your risk for disease

Take your Personal Health Profile

Knowing your health needs and risks is critical to long-term health and wellness. A Personal Health Profile (also known as a Health Risk Assessment) is a simple survey that gives you a snapshot of your current health status and risk for certain diseases and conditions.

Complete your Personal Health Profile today!

HealthAdvocate™

Always at your side

Reminder! Your Wellness program can help you reach your health goals.



Eat healthy during winter

Seasonal ideas

Over the holidays, you may have indulged in traditional dishes that weren't always healthy. Now that only the crumbs of holiday cookies remain, it's a great time to get back to eating healthy. Try these nutritious options that have a festive, seasonal flair:

- **Go green!** Winter is a great season for green vegetables. Brussels sprouts, kale, and spinach are just a few examples.
- **Craving something sweeter?** Root vegetables tend to taste sweeter and are in season in January. Try carrots, parsnips, or Jerusalem artichokes.
- **Roast some veggies.** It's the perfect healthy side dish to complement any entree.
- **Make a healthier hot beverage.** Want a hot drink without all the sugar and calories? Try some flavored holiday tea!



Your Wellness website is a great source for ideas to help you eat healthy this winter.

✓ Wellness Program

Your Wellness Program offers a convenient website featuring online programs, a Health Risk questionnaire, health-related articles, and more. Find ways to lose weight, eat better or reach other health goals.

✓ Your Member Website

Visit H&H Health Associates' member website for information, tools, tips and more!

Who is eligible?

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

Get back on track with health goals

Try these tips

Did your exercise routine or healthy eating habits go by the wayside during the holiday season? Here's how you can get back to better health and well-being:



- **Be realistic.** Set reasonable, achievable goals to ease you back into a healthy routine.
- **Keep track of progress.** Seeing personal improvements can help you stay motivated.
- **Get support.** Tell your friends and family about your healthy goals so they can help—or even join you—in your efforts.
- **Make it fun.** To increase your exercise, set a goal you want to achieve, like running a 5K in six months. Challenge yourself to cook a new healthy recipe each week that you can enjoy with family or friends. Or reward yourself with a weekend vacation when you lose your desired percentage of body weight.

For more healthy tips, visit your Wellness website!

You asked, we answered

How can I exercise when it's cold outside?

Winter weather may make exercising outdoors challenging, but with a little creativity you can still stay active! These quick and easy tips can help you fit in fitness even when the weather outside is frightful.

- **Use what you have at home** to build your own private gym. Step up and down on your chair. Hold a couple of books or hand weights while you run in place. Fill TV commercial breaks with squats or crunches.
- **Access workouts online.** Use the internet to access to tons of great workout videos. Visit YouTube, or do a Google search to find other free videos. If you have cable TV, search for on-demand exercise channels that offer a wide variety of workouts at no additional charge.
- **Hit the gym.** If you have cabin fever and want an excuse to get out of the house, consider the gym. Many gyms offer special rates and promotions at the beginning of the year.
- **Bundle up and head out!** Dress in layers, with reflective gear, and head out for a winter walk. Be sure to bring a flashlight if you're walking when it's dark out!

For more information on exercising during winter, visit your Wellness website!



Your Wellness website

Expert help, 24/7

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

- ✓ **Take your Personal Health Profile** (also known as a Health Risk Assessment)
- ✓ **Log your progress** with food and exercise trackers
- ✓ **Complete online workshops** for help losing weight, getting fit and more
- ✓ **Access wellness tips, articles, and healthy recipes**

Get started now!



New Year, New You

Make healthy changes!

January is a new beginning—a great time to strive for new goals. It's the perfect opportunity to create habits that help you feel great and manage your weight! Try these tips:

- **Get moving!** It might still be cold outside, but one of the best ways to stay warm is to keep your limbs in motion.
- **Make some healthy winter recipes.** Make homemade vegetable soup, turkey chili, or roasted spaghetti squash and meatballs!
- **Get plenty of sleep.** Sound sleepers often have an easier time managing their weight.

Whatever your goal, Health Advocate is here to help!

Want more wellness tips?

Visit your Health Advocate Wellness website to sync your Fitbit with our online health trackers, take an interactive workshop, and much more!



Make your voice heard!

Tweet us @HealthAdvocate and tell us **how you will stick to your healthy New Year's resolutions!** Your response may be featured in an upcoming newsletter.

HHH

HEALTH ASSOCIATES®

25th ANNIVERSARY

314.845.8302 / 800.832.8302

www.HHHealthAssociates.com