

HealthAdvocateSM Member Newsletter

17 Easy Wellness Tips for 2017

Looking to be happy and healthy in 2017? Then you may be interested in these 17 easy tips to help you improve your health and well-being.



1. Drink more water
2. Add 10 minutes of exercise to your day
3. Schedule a checkup with your doctor
4. Go to bed 10 minutes earlier
5. Commit to one healthy stress-relieving activity per day
6. Commit to saving more money
7. Add an extra serving of fruit or vegetables per day
8. Use part of your lunch break to walk
9. Spend more time with family and friends
10. Correct your posture
11. Unplug more
12. Brush and floss your teeth daily
13. Control your portions
14. Limit the time you spend being inactive
15. Reorganize your kitchen
16. Make a habit to appreciate all you have
17. Get moving at work

New Year, New You

If you are among the many, many people who made a New Year's resolution to move more, eat better or take other steps to improve your health, you are far from alone. But it can be tough to get and stay motivated if you are doing it on your own. Research shows buddying up can keep you accountable and make working toward your goals more fun, helping to ensure you stick with it past January. And since you spend quite a bit of time with your co-workers, why not work together to achieve your healthy resolutions?

Here are a few ideas to share with your colleagues to kick-start a healthy New Year together!

- **Plan a friendly competition** like most steps walked, percentage of body weight lost, minutes exercised or most fruits and veggies consumed in a week.
- **Use technology** like fitness devices, pedometers or online programs that help set up competitions.
- **Plan walking meetings** outside or around common areas of your office.
- **Work toward an event** like an upcoming 5k or charity walk.
- **Share your lunches** or plan meals with your coworkers to help stick to a diet.



Get Financially Fit

Taking small steps toward financial wellness can help improve your health and well-being. Worrying about your finances can cause stress which, in turn, can lead to anxiety, depression, substance abuse, and more. These tips can help you better manage your money to support improved health and well-being:



Create a budget. It's the key way to curb overspending. Follow these steps:

- Identify how much money you make each month.
- List your necessary expenses such as insurance, bills, food, rent or mortgage, etc.
- Figure in your optional expenses such as dining out, cable TV, gifts, etc.
- Calculate the difference between money earned and money you normally spend to see if you're breaking even, or are over or under budget.
- Track your spending every month. The aim is to be under budget for financial security.

Evaluate your spending.

- Look at your expenses and determine needs versus wants.
- Keep your spending less than your income.

Monitor your credit. If you can't pay the balance on your credit cards each month, you'll pay interest. This means you're spending more than the item's listed price!

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