

## Chronic Condition Risks



45% of Americans have at least one chronic condition like diabetes, heart disease, COPD or asthma. These diseases are often preventable, and frequently manageable through early detection, improved diet, exercise, quitting tobacco and treatment therapy (medication). Many chronic disease are attributed to the following list of key risk factors; most US adults have more than one of these risk factors:

- High blood pressure
- Tobacco use and exposure to secondhand smoke; excessive alcohol use
- Obesity (high body mass index); physical inactivity
- Diets low in fruits and vegetables; diets high in sodium and saturated fats

*(Source: CDC.gov)*

Although, there are some risk factors for chronic diseases you may not be able to control like your family history, race and age. So be sure to talk to your doctor about possible chronic diseases you may be at a risk of developing, and be proactive about lowering your risks, or better managing chronic conditions.

## Stay Healthy on Vacation

Maintaining a diet or exercise routine while away can be a challenge. Nevertheless, continuing your routine or adapting it while away is possible. All you need is motivation, a strategy, and a little creativity. Try these tips to stay healthy on vacation:

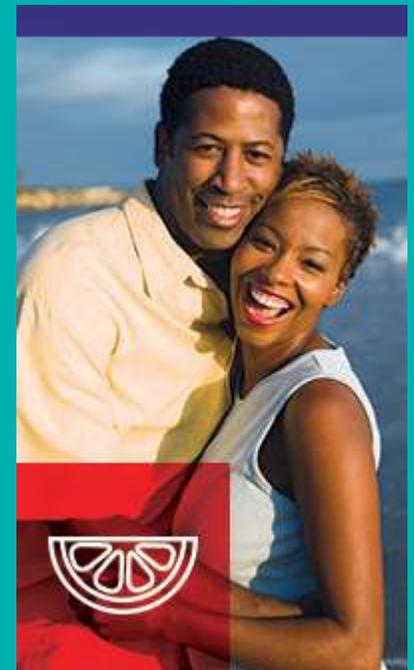
**Pack accordingly.** Ensure you have all of the athletic gear you need to work out comfortably (i.e., running shoes/shorts, swimsuit).

**Be prepared.** Manage your finances and plan ahead for your weekend vacations or family trips.

Talk to the hotel or resort concierge to see if they offer any complimentary fitness classes or physical activities, or have a fitness center onsite.

**Plan out meals.** Look up menus online of restaurants you are interested in going to. This will help you make smarter meal choices before you arrive and reduce temptation of eating poorly.

**Opt for a salad or fresh fruit.** Having a salad before your meal may reduce overeating. Salads are a great swap for chips or fries. Fresh fruit is another good alternative to fried potatoes and makes a healthy dessert.



# Take Leisure Seriously

The right balance between work and leisure is important in order to be able to perform well and lead a happy and content life.



Not giving yourself enough time to enjoy your favorite hobbies and activities can be harmful to your emotional and physical health. Benefits of taking leisure seriously include:

- **Personal development.** Whether it's golfing, gardening, or going on a hike, taking time to get better at something will give you a sense of accomplishment and can improve how you feel about yourself.
- **Reduced health risks.** High amounts of stress have been related to health problems like depression, anxiety, headaches, high blood pressure, gastrointestinal problems and more.
- **Improved social relationships.** Trying new leisure activities like joining a book club or signing up for a new fitness class will give you more opportunities to make new friends who enjoy doing the same things as you.

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