

Health**Advocate**@yourservice

# Healthy Habits

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# Make healthy changes to prevent chronic conditions

## Let us Help!

Making healthy lifestyle changes can help you stave off chronic conditions like diabetes, hypertension, and more. In this issue, you will learn why you should quit tobacco, how you can reduce stress through exercise, ways to handle sugar cravings, 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.

## Get Started Today!



## Start eating better today!

### Your Wellness website can help

Your Health Advocate Wellness website features a variety of resources to help you eat better, like nutrition 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 nutrition, plus meet other health goals.

### Get started now!

## Quitting tobacco What's in it for you?

November is the American Cancer Society's month to bring awareness to the benefits of quitting tobacco. Here are some reasons why you should quit.

- **It improves your health!** After a year of staying off tobacco products, your heart disease risk lowers by 50%. After ten years, your risk for developing cancer equates to that of a lifelong non-smoker.
- **You'll save money** – cigarettes aren't cheap.
- **There are social benefits** – public places are increasingly becoming tobacco free. Why should you have to leave the party to go smoke outside in the cold?

Quitting can be challenging, but the rewards more than compensate for the effort.

**Call your Wellness Coach for more reasons to quit tobacco!**



# Log your fruits and veggies!

Track what you eat on your Wellness website

Whether you want to lose a few pounds or just want to eat better, tracking what you eat can help. We make it easy to track the fruits and veggies you eat—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 fruits and veggies, you can also track your exercise, sleep, and more. Log on to your member website to get started!



# Want to reduce your stress?

Sweat it out!

Exercise is a great way to reduce your stress and improve your overall well-being. It can alleviate stress, loosen tight muscles, and it can be a lot of fun. Here are some easy ways to incorporate more physical activity into your life.

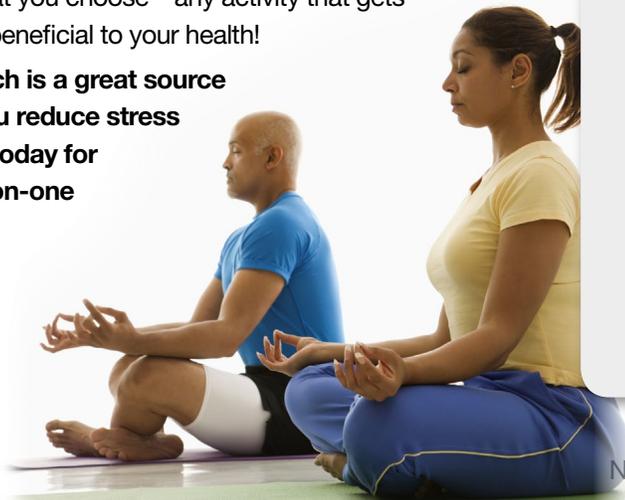
**Take a quick walk on your work breaks.** Even as little as five minutes can be helpful.

**When you come home from work,** grab your workout clothes and choose a physical activity you enjoy. Try a high-intensity workout and work up a sweat, or do some gentle yoga. Studies show that both are proven to reduce stress and improve mood.

**Get active outside.** Being outdoors helps you enjoy the fresh air. Think outside the box and opt for a different kind of outdoor physical activity. You could use this as an opportunity to do some fall chores. Try gardening, mowing the lawn, raking the leaves, or any other activity that you might enjoy!

It doesn't matter what you choose—any activity that gets you moving can be beneficial to your health!

**Your Wellness Coach is a great source for ideas to help you reduce stress with exercise. 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 tutorials** for help losing weight, getting fit and more
  - ✓ **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:**



### What's the best way to handle a sugar craving?

If you have a sweet tooth, you aren't alone. Fortunately, you can learn to reduce those cravings. Try these tips:

- **Feeling tired?** First, grab a bottle of water. The water can help fill you up and give your hands something to hold on to. For added flavor, add a slice of your favorite fruit.
- **Eat a balanced snack.** Combine a healthy protein (nuts, nut butter, seeds, meat, dairy, or beans) with a nutritious carbohydrate (fruit, vegetable, whole grain, or a starch).
- **Chewing gum** can go a long way when your sweet tooth hits. It's full of refreshing flavor and keeps your mouth busy. Try sugar-free gum to make your dentist happy.
- **Eat nature's candy.** If you really need a sweet treat, eat a piece of fruit—it contains vitamins and fiber. Consider keeping a bowl of fresh apples, bananas, and oranges at home and work.



### Want more wellness tips?

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



**Make your voice heard!**

**Tweet us @HealthAdvocate** and tell us your favorite healthy Thanksgiving dish. Your response may be featured in an upcoming newsletter.

### Help is Just a Phone Call Away

