



HealthAdvocate™

member
newsletter

Healthy autumn activities for the whole family

With cooler temperatures and lots of opportunities for together time, fall is a great season to enjoy healthy activities with family and start new traditions. The family that plays together stays healthy together! Here are a few easy, low-cost or free ideas to kick-start your fall of family fun.

[Find out more >>](#)



Stay active to prevent diabetes

Diabetes is a serious condition that affects more than 20 million Americans. With diabetes, the body does not properly use glucose for energy. In order to be used, glucose has to move from the bloodstream into cells. Normally, your body makes a hormone called insulin, which helps the glucose enter cells to be used for energy. Diabetes causes the body to either not make enough insulin or not use the insulin properly. As a result, glucose builds up in the blood, and if left untreated, can lead to serious health problems.

[Learn how >>](#)



Curb anger and regain control

Whether at home or work, everyone gets angry now and then. But blowing up habitually can harm your relationships, cloud your thinking, and may put you at higher risk for heart disease and other chronic conditions. Furthermore, people who are frequently angry often cope by adopting unhealthy habits such as overeating or smoking. It's best to figure out what's behind your anger and think through ways to keep those triggers from setting you off. In the meantime, turn to these on-the-spot diffusers to keep your cool.

[Read now >>](#)



Diabetes Awareness Month

Read: Tips for learning about diabetes risks, how to lower them, and healthy ways to live with diabetes from the American Diabetes Association

[Click here >>](#)



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