

Health**Advocate**@yourservice

Healthy Habits

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Include your family in your health goals

Let us Help!

As you work toward improving your own health, don't do it alone—get your family involved, too! Not only will you benefit from their moral support, they'll benefit from joining you in making healthy changes. In this edition of Healthy Habits, you will learn about exercise trends, the key components of a well-rounded workout, and get recommendations for pre- and post-workout nutrition.

Remember, you can always contact your Wellness Coach, who can work with you by telephone or email, for more help improving your—and your family's—health and well-being.

Get Started Today!



Start getting fit today!

Your Wellness website can help

Your Health Advocate Wellness website features a variety of resources to help you begin an exercise program, understand how exercise benefits you, and give you workout ideas to try. Log on today to participate in a wellness workshop or tutorial.

These fun, interactive, six-week programs can help you get on the path to fitness, plus meet other health goals.

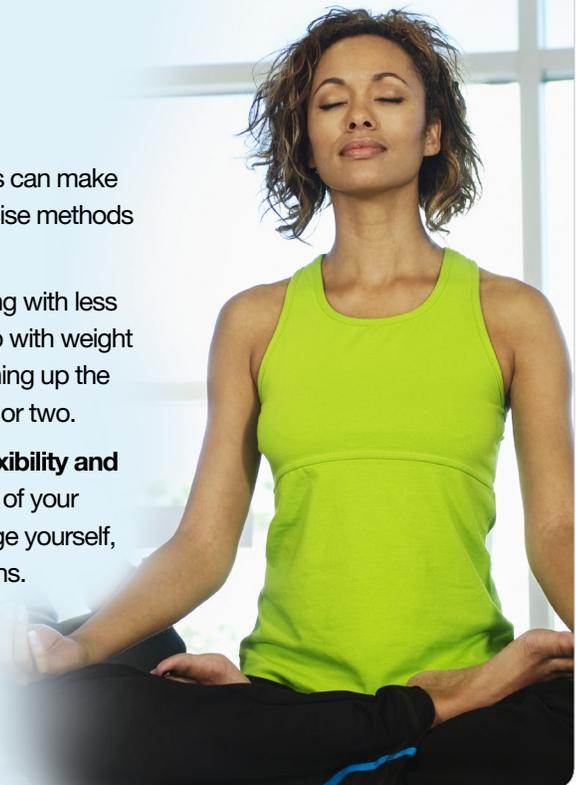
Get started now!

Try something new! Fun exercise trends

Tired of doing the same old fitness routine? Switching up your workouts can make exercise more fun, interesting and effective! Below, check out two exercise methods you can incorporate into your fitness routine.

- **Interval training** involves alternating high-energy exercises like jogging with less intense activity such as walking. It can improve stamina and may help with weight loss. You can add intervals to your cycling or elliptical workout by turning up the resistance for a minute or two, then slowing down for another minute or two.
- **Yoga is a series of poses that combines strength training and flexibility and can keep you feeling limber and relaxed.** Before starting, be aware of your physical abilities and limitations. If you're new to yoga, aim to challenge yourself, and be sure to let the instructor know about any limitations or concerns.

Remember: Always bring water to keep you hydrated when you're working out, and make sure to talk to your physician before starting any new exercise plan.



Well-rounded workouts

Key fitness components

No matter your fitness goal or level, it's important to follow a well-rounded routine. Your workouts should include the following three components:

✓ Aerobic activity

- **Benefits:** Helps burn calories; keeps your heart in good condition
- **Examples:** Running, swimming, walking, biking, dancing

✓ Strength training

- **Benefits:** Helps maintain healthy weight, bone density, and increase or keep muscle mass
- **Examples:** Weight training; resistance exercises (squats, push-ups)



✓ Stretching

- **Benefits:** Helps maintain normal joint and muscle range of motion; may improve performance in competitive sports
- **Examples:** Yoga, gentle calf and hamstring stretches, dynamic stretching before competitive sports

Looking to balance your workouts?

Call your Wellness Coach for tips and advice!

Track your exercise progress!

Visit your Wellness website

Studies show that tracking can help keep you motivated to meet your goals. If you are working toward a fitness goal, consider tracking your exercise. Whether you are just starting out and aiming to walk three days a week or are gearing up to run a marathon, tracking your exercise can help keep you on pace and help you visualize your progress. Tracking your exercise is easy—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 exercise, you can also track your water intake, weight, sleep, and more.



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!

24/7
Support

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:**



Fuel your body!

Workout nutrition



Depending on the type of exercise you plan to do, you may need to snack before and/or after your workout. Try these tips:

- **30–60 minutes before exercising:** Have a snack to help you feel more energetic and keep your blood sugar levels up. Eat an apple with peanut butter, Greek yogurt with fruit, or a hard-boiled egg with raw veggies.
- **Within 20-30 minutes after your workout:** Have a snack to restore energy and rebuild muscle. Aim to incorporate protein and carbohydrates. Try chocolate milk, an apple with cheese, or pita and hummus.
- **Before, during, and after your workout:** Drink fluids to help prevent dehydration. The amount of water you need depends on factors like weather conditions, gender, age, and exercise intensity.

Contact your Wellness Coach if you have any questions about what to eat before and after your workouts.

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 fall activity. Your response may be featured in an upcoming newsletter.

Help is Just a Phone Call Away



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