

Health**Advocate**@yourservice

Healthy Habits

Resources and tips for living well



Building a healthier you, from the inside out

Let Us Help!



Whether you already lead a pretty healthy lifestyle or you have a few wellness goals you're working toward, nearly everyone can benefit from making a healthy change or two. This month, we'll provide tips to help you get healthier and stronger from the inside out! In this issue of Healthy Habits, you will learn about exercises that can strengthen your bones, foods to eat for a nutritious, vitamin-rich diet, and more. And remember, our expert Wellness Coaches are here to help you with a wide range of issues, like nutrition, fitness, weight management, stress reduction, and more.

We Can Help You Stay Healthy

In this issue, you'll discover useful tips to make small but meaningful changes to improve your health and wellness. You'll also learn how your Health Advocate Wellness Coaching program provides you with the extra support you need to maintain good health.

Get Started Today!



800.433.2320



Email: MyWellness@HealthAdvocate.com
Web: www.my-cpw.com



Workshop Spotlight: Fitness Workshops & Tutorials

Just 30 minutes of exercise per day can benefit your health in many ways. If you're new to exercise, your Wellness website can give you the information you need to get started on an exercise plan. Begin one of our online fitness workshops or tutorials today!

Remember, your Health Advocate Wellness website features a variety of resources to help you get fit. Log on today to explore all our expert resources!

Get started now!
www.my-cpw.com



Improve your health today!

Sign up for Wellness Coaching

Do you want to get healthy? Maybe you want to lose weight, eat better, or quit tobacco? Just call to speak to a Wellness Coach. Then, by phone, email or instant message your Coach will help you reach your health goals—and stay with you every step of the way!

We'll help you:

- Set goals and create action steps
- Stay on track with motivation
- Use tips and helpful resources like healthy recipes and workout routines to meet your goals

Go online for added support!

Your confidential Wellness Website is packed with fun, interactive tools:

- Take your Personal Health Profile
- Sign up for a Wellness Workshop or tutorial
- Track healthy activities
- Sign up for seasonal Wellness Campaigns to keep you focused

Sign up for Wellness Coaching today!

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Need expert help? Contact your Coach!

Trusted help any time of the year

With the change in seasons come changes to your routines. As the weather grows colder and the holidays get closer, you may have questions about what to eat, where to exercise, and how to stay well. Health Advocate is here to help! Call your Wellness Coach for answers to questions like:

- What are some healthy Halloween treats I can make?
- What types of fruits and vegetables are in season now?
- As the holidays approach, how can I manage my stress level?
- As the weather gets cooler, what are some indoor exercise ideas I can try?
- My weight loss has plateaued—how can I lose those last 5 pounds?

These are just a few of the questions Health Advocate can help answer. Call your Wellness Coach to find help and solutions for these concerns, and more!



Log your exercise sessions!

Track your progress on your Wellness website

Regular exercise is essential for good health. If you're just starting out with exercising, you can start small (say, 20-30 minutes of exercise three times a week) and then increase your goals as you gain experience. One way to stay on track with your goals and stay motivated is to track your progress. Keeping a record of the amount of time or the distance you exercised 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 food and water intake, weight, sleep, and more.



Click [here](#) to log in and get started!

Strengthen bones with exercise

Like muscles, bones also get stronger with exercise. You can keep your bones strong by incorporating weight-bearing and muscle-strengthening exercises into your workout. Examples of these types of activities include:

- Brisk walking
- Dancing or Zumba
- Tennis
- Resistance training

If some of these exercises are new to you, start with just a few minutes a day. Eventually, you can increase your physical activity to 30 minutes a day to reap greater health benefits. And remember, before beginning any fitness regimen, consult your doctor.



Call your Wellness Coach for more strength training tips!

Discover your risk for disease

Take your Personal Health Profile



Knowing your health needs and risks is critical to long-term health and wellness. A Personal Health Profile (also known as a Health Risk Assessment) is a simple survey that gives you a snapshot of your current health status and risk for certain diseases and conditions.

Log in anytime, 24/7, and answer the survey questions—it'll only take you 15-20 minutes. You'll instantly receive a customized report outlining your health status and specific steps you can take to improve your health.

Complete your Personal Health Profile today!
www.my-cpw.com

Find your perfect running or walking shoes!

Shoe-shopping tips

The best shoe for walking or running is the one that fits you the best and gives you proper support, cushioning, and flexibility. Here are a few tips to help you find the perfect pair:



- **Wear sport-specific shoes.** Sport-specific shoes are designed to protect your feet during specific activities. For example, walking shoes have cushioning in the ball of the foot, where most of the stress occurs.
- **Shop at a specialty store.** A knowledgeable salesperson can properly measure your foot, find the right fit, and match you with the best shoe for your activity.
- **Don't think you can "break in" the shoe:** Shoes don't adjust to your feet, and don't expect your feet to adjust to the shoe. Take time to walk, run and move around the store to make sure that the shoes are comfortable from the get-go.



Call your Wellness Coach for more help picking the right equipment for your favorite exercises!

HealthAdvocate™

Always at your side

Reminder! Your Health Advocate Wellness Coach is available via telephone, email or instant 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!



800.433.2320

www.my-cpw.com

Who is eligible?

The Health Advocate Wellness Coaching program is available to eligible employees, their spouses and dependent children, age 18 and older.



Real People, Real Stories

Weight Loss and Exercise Success

Jodi wanted to maintain a consistent exercise routine. While she was committed to getting healthy on her own, having the support of her coach helped her work through challenges along the way. When she hit bumps in the road, Jodi's coach offered new suggestions and encouragement to help her move past them. "Wellness coaching has helped me be more consistent and has pushed me to follow through instead of giving up when things got hard, or I was 'too tired' to do it," she says.

Through coaching, Jodi has established a regular exercise routine and healthy eating habits, helping her to lose over 20 pounds and become a runner for the first time. Her coach has helped keep her both motivated and accountable to her goals: "I now know I can do anything I set my mind to."

Your Wellness Coach can help you meet your healthy goals, too! Call today: 800.433.2320



Has a Wellness Coach helped you improve your health? Tell us your story!
Email us: MyWellness@HealthAdvocate.com

Ask a Wellness Coach

What foods provide bone-strengthening vitamins?

To maintain optimal health and build strong bones, it's necessary to consume foods that contain calcium and vitamin D. Calcium-rich foods you can include in your diet are:

- **Dairy products**—low fat milk, cheese, and yogurt
- **Broccoli and dark, leafy green vegetables**—kale, spinach, and collards
- **Calcium-fortified foods**—orange juice, cereal, soy beverages, and tofu products
- **Nuts, such as almonds.** Almond milk is a good source of calcium, too!

Vitamin D is present in very few foods, but can be found in:

- **Eggs** (including the yolk)
- **Fatty fish** (salmon, trout, and tuna) and flat fish (sole, flounder)
- **Milk, orange juice, and cereal fortified** with vitamin D

Your diet should be your primary source of calcium and vitamin D. And according to the Mayo Clinic, if you eat a balanced diet and spend 1.5 to 2 hours in the sunshine each week, you should reach the recommended amount of vitamin D.



For more information on vitamin-rich foods, contact your Wellness Coach!



Your Wellness website

Expert help, 24/7

Your Health Advocate Wellness website features fun tools and resources to help you reach your wellness goals. **Log on today to get started:**

- ✓ **Contact a Health Advocate** Wellness Coach
- ✓ **Complete online workshops** for help losing weight, getting fit and more
- ✓ **Take your Personal Health Profile** (also known as a Health Risk Assessment)
- ✓ **Access wellness tips**, articles, and healthy recipes

Get started now:
www.my-cpw.com



No equipment, no problem!

Exercise ideas from our members

Staying active is a great way to keep your bones in optimal health. Even if you don't have time to hit the gym, you can still find ways to exercise at home! The Wellness Coaches recently asked some of our members to tell us what equipment-free exercises they enjoy doing—and we're sharing a few of our favorite responses with you. Try one of these fun ideas today!

"I am going to use a chair or bench and do the arm exercise where you drop down with your legs in front of you and use your arms to pull yourself back up. This worked wonders in the past for me and I am excited to start them again."

– Sharon
[Click here to learn how to do this exercise!](#)

"My equipment-free exercises of choice are planks and squats. I can do them anytime and anyplace!"

– Brenda
[Click here to learn how to do squats!](#)



Need help getting started with an exercise plan?
Call your Wellness Coach for help!

Want more wellness tips?

Visit your Health Advocate Wellness website for helpful tip sheets, interactive workshops, and much more!



www.my-cpw.com



Make your voice heard!

Tweet us @HealthAdvocate and tell us your favorite healthy fall recipe! Your response may be featured in an upcoming newsletter.

Help is Just a Phone Call Away



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www.my-cpw.com



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