HealthAdvocate@yourservice

# Healthy Habits

## Resources and tips for living well



**Balance your diet!** Important tips inside >>

# Balance your diet — and more!

## Let Us Help!

Eating balanced meals, exercising regularly, and keeping your stress in check are all essential for good overall health. Since March is National Nutrition Month, in this issue, you will learn about ways to balance your diet, plus achieving balance in other areas of your life, like creating a well-rounded exercise routine and improving work/life balance. 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.



### We Can Help You Maintain Good Health

In this issue, you'll discover simple ways 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 stay healthy.

### Call us today to get started!

## 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 secure web 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!**

**800.433.2320**
**www.my-cpw.com**



## Website Spotlight:
## Wellness Workshop: Walking

One way to maintain or improve your health is to begin exercising. You can fit more fitness into your day by walking more. Visit your Wellness website to take the Walking Workshop, which can help you begin a regular walking routine.

Remember, your Health Advocate Wellness website features a variety of resources to help you improve your health and well-being.

*Log on today to explore all our expert resources!*

# Need expert help?

## Contact your Wellness Coach!

If you are looking to improve your diet, you may have questions and not know where to turn. Luckily, your Wellness Coach can help with a variety of health- and wellness-related concerns. Call your Coach for answers to questions like:

- How can I find out how many calories I should be eating each day?
- What are some examples of balanced meals?
- Do you have any ideas for healthy snacks I can bring to work?
- Do you have any tips for reducing my added sugar intake?

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 water intake!

## Track progress on your Wellness website

It's not enough to just eat healthy—it's also important to stay well-hydrated. Logging how much water you drink can help you track your progress and identify areas for improvement. We make it easy to track your water intake—you can log it right on your Wellness website! Plus, if you have a Fitbit® device that you use to record your activity, you can sync your Fitbit with the online water tracker!

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 water intake, you can also track your sleep, exercise, and more.

**Log on to your member website to get started!**



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# Manage stress

## Balance your work and life

Due to technology, your work can follow you virtually anywhere. An unbalanced schedule can lead to increased fatigue and stress. Try these tips to bring more balance to your life:

- **Take a fitness break.** Exercising for even 5-10 minutes can help you feel refreshed, energized, and focused.
- **Go off the grid.** Set aside an hour a day to disconnect from your devices.
- **Do what you love.** Whether it's reading a book, watching a favorite TV show, or doing a hobby, build a little "you time" into your schedule.

*Need more help managing stress? Call your Wellness Coach!*

# Balance your diet

## Simple, healthy tips

Eating a balanced diet can help you feel energized and improve your health. The components of a balanced diet are lean protein, whole grains, healthy fats, fruits, vegetables and water. Here's how you can get started:

- **Eat the rainbow.** Colorful foods contain a variety of essential vitamins and minerals.
- **Combine lean protein with whole grains.** This can help you feel fuller longer.
- **Skip the sugary drinks.** Choose water instead, and add fresh fruit like lemons or cucumbers for flavor.
- **Watch your portions.** Make sure you're serving yourself appropriately-sized amounts of food. To avoid mindlessly reaching for second helpings, keep serving dishes away from where you are enjoying your meal.



- **Eat only when you're hungry.** Don't give in to the temptation to munch when you're stressed, tired, or bored. In those cases, drink a cool glass of water, chat with a friend, or go for a brisk walk instead.

**Your Wellness Coach can help you improve your nutrition. Call today for personalized, one-on-one guidance!**

### 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.

If you haven't already done so, log in anytime, 24/7, and answer the survey questions—it'll only take 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!*



# 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**

**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.

# You asked, we answered

## How can I balance my exercise routine?

Having a well-balanced exercise routine can help you maximize the benefits of your workout and reduce the risk of injury. For example, focusing too much on cardio and skimping on strength training can limit your muscle mass or increase the potential for injury.

Create a balanced fitness routine by combining the following activities:

1. **Aerobic exercise:** The Department of Health and Human Services recommends that you get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. Running, swimming, and biking are great examples.
2. **Strength training:** Muscular fitness can be achieved by regularly doing two to three strength training sessions a week, each lasting 20 to 30 minutes.
3. **Core fitness:** Engaging your core doing activities like the plank, push-ups or abdominal curls for 5-10 minutes a day is sufficient for most people.
4. **Flexibility:** Stretch daily for 5-10 minutes or longer if you have increased soreness.
5. **Balance exercises:** Engage in balance exercises a few minutes a day or one day a week for 15 minutes. This can be as simple as standing on one leg and closing your eyes for 15 seconds or longer.

Remember, before starting any new exercise routine, consult your doctor first!

*For more information on exercising, contact your Wellness Coach!*



**Has a Wellness Coach helped you improve your health? Tell us your story!**
**Email us: mywellness@healthadvocate.com**

Real People, Real Stories

## Weight Loss Success through Coaching

Terri weighed 237 pounds, and she knew she needed to improve her weight for her health's sake. She called Health Advocate and connected with her Wellness Coach, Nancy, in early 2014. She wanted support in losing 80 pounds and meeting a new goal weight of 155 pounds. Over the 9 months they have worked together so far, Nancy helped Terri overhaul her diet and change her eating habits. Nancy also encouraged Terri to research more nutritious recipes and begin exercising. Because of these healthy changes, Terri has lost 62 pounds so far!



Terri credits Nancy for helping her succeed. She says it helps to have a coach who motivates her and keeps her accountable. She also enjoys getting out of her comfort zone with food, learning to cook healthy new meals instead of relying on her old, unhealthy favorites. Terri still wants to lose 20 more pounds, and hopes to achieve her 80-pound total weight loss goal by Memorial Day weekend.

**Your Wellness Coach can help you meet your healthy goals, too!**

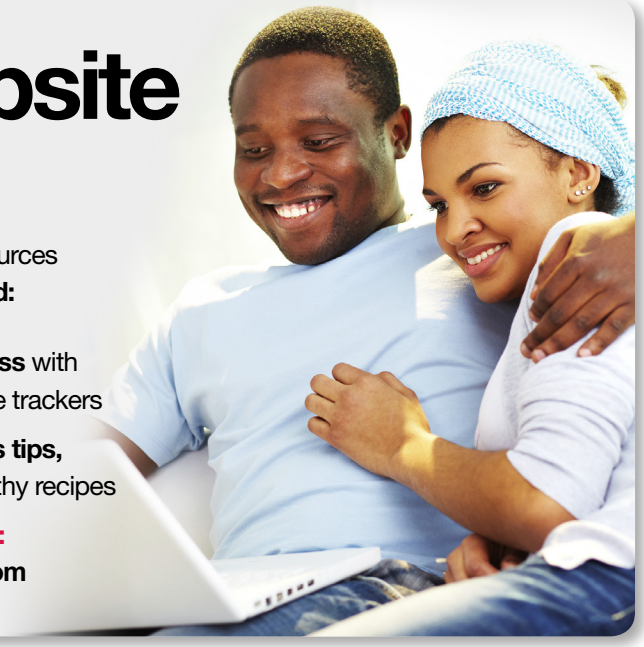
# Your Wellness website

## 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
- ✓ **Take your Personal Health Profile** (also known as a Health Risk Assessment)
- ✓ **Complete online workshops** for help losing weight, getting fit and more
- ✓ **Log your progress** with food and exercise trackers
- ✓ **Access wellness tips,** articles, and healthy recipes

**Get started now:**
**www.my-cpw.com**



## Fruit and Veggie Favorites
### Ideas from our members!

Eating fruits and vegetables is an essential part of keeping your diet balanced and healthy. We recently asked some of our members to tell us what their favorite fruit or vegetable is and how they enjoy it —and we're sharing a few of our favorite responses with you. Try one of these delicious ideas!

"Butternut squash...which I steam, mash, and top with cinnamon!" –Terry

"Separate kale on a baking sheet, drizzle lightly with olive oil, and add fresh sea salt and pepper. Bake until crispy and enjoy." –Roger

"I love clementines! I eat them raw or use the juice to make salad dressing." –Rini

**Call your Wellness Coach for more ways to incorporate fruits and vegetables into your diet!**

## Want more
### wellness tips?

Visit your Health Advocate Wellness website to sync your Fitbit with our online health trackers, take an interactive workshop, and much more!




**www.my-cpw.com**

**Make your voice heard!**

Tweet us **@HealthAdvocate** and tell us **us your favorite healthy, balanced meal!** Your response may be featured in an upcoming newsletter.

## Help is Just a Phone Call Away

24/7 Support

**800.433.2320**
**www.my-cpw.com**

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