

ActiveYou

ActiveHealth® Management: Tips for well-being
December 2018



Achieve your health goals in 2019

It's almost the new year and time for a change. What goals do you have? Are you looking to lose weight or be more active?

By making **SMART goals**, you'll be much more likely to have a healthy 2019.

Specific

Clearly state the change you want to make. Be as specific as possible. Setting a goal to walk for 10 minutes each day is specific.

Measurable

You should be able to count or measure your goal. A good dietary goal could be eating three servings of fruits and veggies every day.

Achievable

Try to set a goal that's not too hard to reach. If you're trying to lose weight, a good goal might be to lose one to two pounds a week.

Relevant

You're more likely to reach goals that mean something to you. So, think about your personal values. Just make sure your goal is specific, measurable, and achievable.

Time-specific

Goals should have a start and end date so you know how much time you have to reach your goal. For example: I will exercise 20 minutes a day from February 1 until April 28.

Healthy holiday hacks

Beat the holidays in a healthy way!

1. Have pumpkin pie instead of pecan pie. Even with a bit of whipped cream, you'll cut calories by at least a third.
2. Break physical activity into smaller chunks, like walking 10 minutes several times a day.
3. Schedule some "me" time...a nap, a dog walk, or a hot bath to get your energy back.



Upcoming events

Wellness Webinar Series

"A New Year of Health"

December 11, 2018

10:00 am, 12:30 pm and 4:30 pm ET

<http://go.activehealth.com/wellness-webinars>

Green Bean Sauté

Here's a heart-healthy side dish to serve to your family or bring to a holiday potluck party! In this dish, green beans and onions are lightly sautéed in just one tablespoon of oil.



Ingredients

- 1 lb fresh or frozen green beans, cut in 1-inch pieces
- 1 tbsp vegetable oil
- 1 large yellow onion, halved lengthwise, thinly sliced
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1 tbsp fresh parsley, minced

1. If using fresh green beans, cook in boiling water for 10–12 minutes or steam for 2–3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first.
2. Heat oil in large skillet. Sauté onion until golden.
3. Stir in green beans, salt, and pepper. Heat through.
4. Before serving, toss with parsley.



Coach's corner

Meet Paola, an Onsite Health Coach. Paola is a registered and licensed dietitian, certified personal and group fitness instructor, and a certified lactation counselor.

Paola's tips for the holidays!

The holiday season can bring many great joys as well as much unwanted stress. Along with the hustle and bustle, the holidays also include many tasty treats that may lead to some unwanted pounds by the New Year if not properly balanced. To help you stay on track through the holiday season, consider these tips:

- Aim to get 7-9 hours of sleep daily.
- Drink water first thing when waking up and throughout the day to keep your energy up, keep you hydrated, and help you avoid excess liquid calories from other drinks.
- Avoid skipping meals throughout the day prior to parties or celebrations in order to help you maintain better portion control.



Source: Keep the beat heart healthy recipes from the National Heart, Lung, and Blood Institute. Retrieved November 27, 2018, from: <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/keep-beat-heart-healthy-recipes>

Check out the new MyActiveHealth

MyActiveHealth is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

You'll find many items, such as a health assessment, online learning tools, healthy recipes, and more!

Sign up or visit myactivehealth.com today!



The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc.
© 2018 ActiveHealth Management, Inc. All Rights Reserved.

12/2018