

ActiveYou

ActiveHealth® Management: Tips for well-being
January 2019



Goodbye, couch. Hello, good health!

Did you know that sitting for long periods of time is a serious health risk? It can lead to weight gain, metabolic syndrome, and increased risk from heart disease, and cancer. Sitting around is a health risk even if you get lots of good exercise almost every day.

So, what's the answer? One thing you might do is try to break up periods of sitting with short breaks. Use your phone or computer to set reminders to stay active and move around during the day. And use your activity tracker to get fired up about meeting your daily physical activity goals. Try to get up and move around every 30 to 60 minutes.

Here are some other tips for staying active during the day:

- **Schedule a walking meeting with someone at work.**
- **Stand while talking on the phone or during your meetings.**

Are you drinking enough water?

It can be easy to forget about drinking water when it's cold out.

Here are two tips that can help!

- 1.** Carry a water bottle with you at all times.
- 2.** Eat lots of fruit and veggies. These have high water content.



Upcoming events

Wellness Webinar Series

"Total health, total you"

January 15, 2019

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

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

What's your resolution?

Almost half of all adults in the U.S. make New Year's resolutions. Have you made yours for 2019?

You may be more likely to reach your goal if you make a resolution.

- How healthy are you right now? How would you like to see your health improve?
- Try writing down your goal, then getting support from a friend. It's a great way to start 2019 on a healthy note.



Coach's corner

Meet Rolando. He's very passionate about helping others change their lifestyle behaviors. Rolando also likes to guide organizations in understanding the steps needed to improve the health and well-being of their members. He believes the key is to make it simple and provide people with the opportunity to develop their own personal wellness program.



Rolando's tips:

I'm often asked how to keep New Year's resolutions on track. If your goal is to improve your health, you have to create habits. To take charge of your health, try to focus on these three things: healthy eating, physical activity, and sleep. Make it simple, make it intentional, and you'll make it a habit!

Remember to start small, pick one thing and move in that direction. Make sure you do at least one thing every day towards your goal.

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!

