

ActiveYou

ActiveHealth® Management: Tips for well-being
January 2020



Walking to well-being

It's tough to find time to hit the gym. Fear not! Walking is one of the easiest things you can do to keep yourself feeling good.

Does walking more feel like a lot for you to do? Split it up into blocks of 10 minutes throughout your day and week.

To add more steps to your everyday activities:

- Park farther than usual from your workplace or a store (or get off the bus or subway before your stop), and walk the extra distance.
- Take the stairs instead of the elevator.
- Walk a lap in the grocery store or mall before you start shopping.
- Walk instead of driving for short trips. Walk to school, work, the grocery store, a friend's house, or a local restaurant.

Keep track of your steps

Using your smartphone, a pedometer, or a step counter can help.

- Using a device can remind you to walk more.
- It can help you set goals to take more steps.
- Check how well you do each week.
- Work your way up to at least 10,000 steps a day.



Upcoming events

Wellness Webinar Series

"A look at your well-being"
January 21, 2019

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

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

Cereal munch mix

When you're out walking, bring this trail mix to keep you going.



Ingredients

- 8 cups toasted oat circles or toasted rice squares cereal
- 1/2 cup nuts, coarsely chopped
- 1 cup dried apple slices
- 1 cup dried apricots, chopped
- 1 cup raisins
- 1/2 cup mini chocolate chips

Directions

- Combine all ingredients in a bowl
- Toss lightly to mix

Feel free to add other healthy ingredients to the mix!

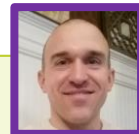
From:

<https://healthymeals.fns.usda.gov/hsmrs/Texas/SnacksTh atCount.pdf>



Coach's corner

Coach Jim is a Registered Dietitian and Certified Personal Trainer for ActiveHealth. He finds enjoyment in helping members break down larger goals into smaller, realistic and achievable action steps. Jim believes small successes yield increased confidence and motivation.



Jim's well-being tips:

If you're setting a well-being resolution this year, consider these ideas to increase your odds of success:

- Write down on paper what you're wanting to achieve. Post it somewhere you'll see it regularly. Writing it down makes you committed.
- Before you start working on your resolution, recruit three accountability buddies. Tell them what you're going to work on and how they can support you.
- Find your own "why." Ask yourself why you want to achieve this resolution. What's your motivation?



Check out MyActiveHealth

MyActiveHealth.com 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!



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