



Four surprising facts about women's health

These health issues affect millions of women. Learn what you can do if one impacts you.

1. Heart disease takes more women's lives than cancer.

About 1 in 5 women die every year from heart disease. The key is to control risk factors such as high blood pressure, high cholesterol and smoking.

2. Asthma occurs more often in women than men.

To avoid asthma attacks, it's important to avoid triggers such as air pollution, mold, and tobacco smoke. Be sure to work with your doctor and take your medications correctly.

3. About 1 out of 10 women experience symptoms of depression.

The condition is common and treatable. The first step to seeking treatment is to talk to your health care provider.

4. The most common cause of disability for women is arthritis or rheumatism.

The risk for the disease increases with age, but there are factors you can control. These include keeping a healthy weight, avoiding stress to the joints and not smoking.



Wellness Webinar Series

Women's Health: Learn about common conditions and risk factors.

March 17, 2020 | 10:00 AM, 12:30 PM and 4:30 PM, ET

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



Coach's corner

Mallory is a wellness coach with ActiveHeath who is an expert in Health Promotion and Exercise Physiology. She also has certifications in nutrition and behavior change. Her approach to health is simple – find fitness activities you enjoy and fuel your body with foods that help you feel your best. She encourages everyone to make their health a priority.

Coach Mallory
MA, BA, CPT,
PN Level 1, NASM BCS

Mallory's well-being tips:

- **The best exercise is the one that you'll do consistently.** By finding something you enjoy doing and performing it at the right intensity for your fitness level, you'll look forward to being active.
- **Be insightful when it comes to your eating habits.** If you prefer to enjoy smaller portions of your favorite treats, plan that into your healthy diet. If it's easier for you to skip certain treats altogether, stick with that.
- **Refresh your mindset.** Enjoy your life as it is right now, add purpose to each day through simple acts of kindness, and create a support system to help you thrive.



Tasty time-saver Ravioli & vegetable soup

Add fresh or frozen ravioli to vegetable soup to create an easy and flavorful main meal. Find more healthy recipes at [MyActiveHealth.com](https://www.myactivehealth.com) > Library > Healthy Recipes.



For more tips, recipes and information on how to manage your well-being, visit [MyActiveHealth.com](https://www.myactivehealth.com)

Centers for Disease Control and Prevention (CDC), "Caregiver Stress". Accessed February 11, 2020. <https://www.womenshealth.gov/a-z-topics/caregiver-stress>

A common role we share: caregiver

In a national survey, more than 1 in 3 adults said they provided care to an adult family member. It's no surprise that most of these caregivers were women. For many women, it means being "sandwiched" between raising a family and caring for a loved one.

Caregiving does have its rewards. It feels good to be able to care for a loved one. Spending time together can give new meaning to your relationship.

However, being "on call" can lead to caregiver stress and health problems. For example, women who cared for a spouse were more likely to have:

- diabetes
- heart disease
- high blood pressure
- high cholesterol

Taking care of your needs can help you take better care of your loved one. Try to avoid burn-out with these tips:

- **Ask for and accept help.** Make a list of the ways others can help you. Let them choose what they would like to do.
- **Get organized.** Make to-do lists and set a daily routine.
- **Stay in touch with family and friends.** Do things you enjoy with your loved ones.
- **Take care of your health.** Find time to be physically active, choose healthy foods, get enough sleep, and go for regular check-ups.

