



Healthy Habits

Tips and resources for living well



Make your well-being a priority

Let Us Help!

Optimal health and good well-being go hand in hand. Our goal is to help you stay happy and healthy, so in this issue, you will learn about ways to manage stress, balanced snack ideas, how to start a walking routine, and more.



Log your sleep!

Track progress on your [Wellness website](#)

To maintain good health, it's important to make sure you get enough sleep. Most adults need 7-8 hours of sleep daily. Logging your sleep can help you be more mindful of your rest and allow you to notice areas for improvement.



Listen up!

How music can help your mood

Listening to music can help you control your emotions and reduce stress. Music can play a positive role in your everyday life and enhance your patience and mood. Here are some effective ways to incorporate music into your routine:

- If you're feeling upset, listen to music that makes you happy. Music can influence emotions, so choose tunes that can lift your mood.
- When feeling stressed, try listening to classical music. Studies have shown that classical music can help reduce stress and increase focus.
- If you need inspiration or advice, listen to podcasts or audiobooks. You can check out audiobooks for free from your local public library.



Light snacking goes a long way

Simple, healthy ideas

Eating healthy, balanced snacks throughout the day can help stabilize blood sugar levels and regulate hunger, reducing the likelihood of overindulging. Pack nutritious snacks to eat during the day, in between meals. Here are a few ideas to get you started:

- An apple or celery sticks with nut butter
- Plain Greek yogurt with a drizzle of honey
- Carrots or red pepper slices with hummus
- Light string cheese and a few whole-grain crackers
- An orange and a small handful of almonds



Eating more often can help hold you over until your next meal. Just remember to make healthy choices and keep your portions in check!

You asked, we answered

Is walking a good type of exercise?

You bet it is! Most people know that physical activity is recommended to prevent chronic diseases, keep you in shape, and maintain your well-being, but many people don't know where to start or what to do. Walking is a great form of exercise—even walking 15 minutes every day can make a difference.

Not sure how to get started walking for fitness? Try these simple ideas:

- **Take a 15-minute walk at lunchtime**
- **Walk up the stairs rather than taking the elevator**
- **Take a walk after dinner** (invite a friend or your family to join you!)

Not only is it enjoyable to go for a walk in the fresh spring air, walking also releases serotonin (the chemical that makes you feel good), so it can help boost your mood, too. Challenge yourself to walk at least 15 minutes every day and work your way up to walking at a moderate pace! Don't forget, talk to your doctor before getting started with any new fitness routine.

Healthy ingredient swaps

Ideas from our members!

There are many creative ways to make your meals more nutritious without sacrificing taste. We recently asked some of our members to tell us what healthy substitutions they use in their meals—and we're sharing a few of our favorite responses with you. Try one of these delicious ideas:

“Mashed cauliflower instead of mashed potatoes.”

– Margaret

“I will try plain Greek yogurt on my baked potato instead of sour cream.” – Susan

“I'm making spaghetti squash instead of pasta!”

– Amy