

# Healthy Habits

Tips and resources for living well



## This Month: Preventive Health

**Be Proactive. Reduce your risk for disease.** Make your health a priority by taking action to prevent disease—it's easier than you may think, and the benefits of being proactive are invaluable. In this issue, we'll discuss preventive health screenings and help you figure out which ones are right for you. You'll also find out how to make healthy lifestyle changes, like fitting more walking into your day, making sure your smoke alarms work, and more.

### The power of preventive screenings

**Preventive care like health screenings and immunizations can help prevent and detect illnesses and diseases, such as flu, cancer, and many more.** Prevention helps to stave off the disease before it even starts, and early detection means that diseases are addressed in their earlier, more treatable stages. This can reduce the risk of illness, disability and death, and also lessen medical care costs.

There are many types of preventive screenings and immunizations. Some of the most common ones include:

- Blood pressure, cholesterol and diabetes screenings
- Routine vaccinations, such as the flu shot or the pneumonia vaccine
- Cancer screenings, such as a colonoscopy or mammogram

### Healthy summertime recipe!

#### Layered yogurt fruit salad

This sweet, tart recipe proves you can have a delicious dessert with very little fat or added sugar.

**Ingredients:**

- **1 container (6 ounces)** key lime pie-flavored yogurt
- **2 tablespoons** orange juice
- **2 cups** fresh pineapple chunks
- **1 cup** strawberry halves
- **2 cups** green grapes
- **1 cup** blueberries
- **2 cups** cubed cantaloupe
- **1/4 cup** flaked or shredded coconut, toasted

**Directions:** Mix yogurt and orange juice. Set aside. In 2 1/2-quart clear glass bowl, layer fruit in order listed. Pour yogurt mixture over fruit. Sprinkle with coconut. Serve immediately.

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## Step into fitness. Try a walking program!

**Looking for a way to ease yourself into being more active?** Walking is an ideal activity to try. It's simple, costs nothing, and can help you reduce blood pressure, improve your mood, and stay fit. Even the busiest person can add walking into their daily schedule. Try these easy ideas:

- After work, take your dog for an extended walk.
- While grocery shopping, push your cart up and down every aisle of the store, not just the aisles you're most interested in browsing.
- When you're on the phone, pace the house or walk in place.
- While golfing, don't rent a golf cart—walk from hole to hole.
- If you're out shopping, walk the whole mall, including taking the stairs (not the escalator) to the second floor.
- Doing housework? Sneak in some steps by vacuuming the entire house.

**For more way to incorporate exercise into your daily life, consult your Wellness Coach!**

## Prevent fires at home Smoke alarm safety tips

The Centers for Disease Control recommend installing smoke alarms throughout your home. More than one-third of home fire deaths result from fires where there were no smoke alarms and one-quarter where existing alarms failed to operate. Here's how you can stay safe:

- **Install smoke alarms on every floor including the basement.** Place them high on the ceiling or wall in the hallway or in rooms where people sleep.
- **Use long-life smoke alarms with lithium-powered batteries.** Buy one with a hush button that can be pushed to stop false alarms.
- **Choose “dual sensor” alarms.** They feature both ionization (more responsive to flaming fires) and photoelectricity (more responsive to fuming fires).
- **Test all smoke alarms every month.** Replace batteries once a year—or right away if it “chirps” when the battery is low. Periodically check the alarm to ensure it is functioning properly.

## QUIZ: How much do you know about preventing disease?

- Preventive screenings can:**
  - Reduce risk of disability
  - Reduce risk of illness
  - Reduce medical costs
  - All of the above
- Where can you find more information about making healthy lifestyle changes?**
  - The mall
  - Your Wellness Website
  - The beach
- What can a mammogram help detect?**
  - Colon Cancer
  - Breast cancer
- Which healthy lifestyle changes can help reduce risk of disease?**
  - Stopping smoking
  - A healthy diet
  - Exercising regularly
  - All of the above

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## Reduce your risk for disease

## Make healthy lifestyle changes

Through healthy lifestyle changes, you can prevent many chronic diseases. Following these healthy tips can help you begin decreasing your risk today!

- Stop smoking
- Maintain a healthy weight
- Follow a consistent exercise routine—aim for at least 30 minutes of moderate exercise 5 days a week or 25 minutes of vigorous exercise 3 days a week
- Eat a healthy diet:
  - Fill half of your plate with fruits and vegetables
  - Make half of your grains whole (i.e. whole wheat bread, bulgur, or brown rice)
  - Choose lean proteins and low fat dairy
  - Eat healthy fats such as olive oil, fish, nuts and seeds
  - Limit fatty and processed foods
- If you drink alcohol, do so in moderation—no more than 1 drink per day for women and 2 drinks per day for men

**Which healthy lifestyle changes will you make?**

