



Healthy Habits

Tips and resources for living well



This Month: Kick Your Summer Into High Gear!

Switch up your workout. As summer starts to wind down, it's a great time to recharge your workouts. Changing up your exercise routine is good for your overall health and can keep you motivated and on track. A little bit of variety can make all the difference! In this edition of Healthy Habits, you will learn about exercise trends, the key components to a well-rounded workout, and get recommendations for pre- and post-workout nutrition.



Try something new! Fun exercise trends

Tired of doing the same old fitness routine? Switching up your workouts can make exercise more fun, interesting and effective! Below, check out two exercise methods you can incorporate into your fitness routine.

- **Interval training** involves alternating high-energy exercises like jogging with less intense activity such as walking. It can improve stamina and may help with weight loss. You can add intervals to your cycling or elliptical workout by turning up the resistance for a minute or two, then slowing down for another minute or two.
- **Yoga** is a series of poses that combines strength training and flexibility and can keep you feeling limber and relaxed. Before starting, be aware of your physical abilities and limitations. If you're new to yoga, aim to challenge yourself, and be sure to let the instructor know about any limitations or concerns.

Remember: Always bring water to keep you hydrated when you're working out, and make sure to talk to your physician before starting any new exercise plan.

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Well-rounded workouts

Key fitness components

No matter your fitness goal or level, it's important to follow a well-rounded routine. Your workouts should include the following three components:

- ✓ **Aerobic activity**
 - **Benefits:** Helps burn calories; keeps your heart in good condition
 - **Examples:** Running, swimming, walking, biking, dancing
- ✓ **Strength training**
 - **Benefits:** Helps maintain healthy weight, bone density, and increase or keep muscle mass
 - **Examples:** Weight training; resistance exercises (squats, pushups)
- ✓ **Stretching**
 - **Benefits:** Help maintain normal joint and muscle range of motion; may improve performance in competitive sports
 - **Examples:** Yoga, gentle calf and hamstring stretches, dynamic stretching before competitive sports

Track your exercise progress!

Get Motivated for Success

Studies show that tracking can help keep you motivated to meet your goals. If you are working toward a fitness goal, consider tracking your exercise. Whether you are just starting out and aiming to walk three days a week or are gearing up to run a marathon, tracking your exercise can help keep you on pace and help you visualize your progress. Tracking your exercise is easy—and can help you stay on top of your wellness goals. In addition to tracking your exercise, you can also track your food and water intake, weight, and sleep.

Fuel your body!

Workout nutrition

Depending on the type of exercise you plan to do, you may need to snack before and/or after your workout. Try these tips:

- **30–60 minutes before exercising:** Have a snack to help you feel more energetic and keep your blood sugar levels up. Eat an apple with peanut butter, Greek yogurt with fruit, or a hard-boiled egg with raw veggies.
- **Within 20-30 minutes after your workout:** Have a snack to restore energy and rebuild muscle. Aim to incorporate protein and carbohydrates. Try chocolate milk, an apple with cheese, or pita and hummus.
- **Before, during, and after your workout:** Drink fluids to help prevent dehydration. The amount of water you need depends on factors like weather conditions, gender, age, and exercise intensity.