



Healthy Habits

Tips and resources for living well



This Fall: Focus on Health and Wellness!

Let Us Help!

During the transition from summer to fall, things are likely to get a little more hectic. As kids go back to school, your family's schedule may become busier, with you packing lunches, getting kids to and from activities and appointments, and making sure you and your family get enough sleep each night. Stress may creep in as you tackle responsibilities at work and home.

Log your snooze sessions!

Track your sleep



Good sleep is essential for optimal health. Leading medical authorities recommend that most adults get 7-8 hours of sleep each day. If you're not sure whether you're getting enough sleep, logging the hours you sleep can help you find out for sure. Keeping a record of the hours you've slept is easy—you can log it right on your computer or mobile device!

Many apps and devices feature a variety of easy-to-use health trackers to help you stay on top of your wellness goals. In addition to tracking your sleep, you can also track your food and water intake, weight, exercise, and more.



Stay active this Fall!

No matter how busy your schedule is, build in a little time to stay active with friends or family. Try these seasonal suggestions:

- Go for a walk outdoors and admire the colorful leaves
- Visit a local orchard for apple-picking
- Tidy up your yard by raking the leaves or weeding the garden



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Pack a Healthy Lunchbox

Nutritious lunch ideas for kids

Back to school means back to the cafeteria at lunchtime!

To ensure your child eats a well-balanced meal, nutritionists recommend that you pack foods from at least three groups—whole grains, lean proteins, and fruits and vegetables.

Try packing one of these healthy lunchtime suggestions!

- Spinach wrap or tortilla with shredded low-fat cheddar cheese, chopped grilled chicken with a side of cut up carrots, celery and cucumbers
- Egg salad on whole-wheat bread with tomato and lettuce and a side of fruit salad or applesauce.
- A ½ cup of low-fat cottage cheese mixed with strawberries, blueberries and pineapple with whole-grain crackers and hummus
- A whole-wheat pita pocket stuffed with feta cheese, grilled chicken, cherry tomatoes, olives and lettuce with a side of yogurt



Get healthier now!



How can I relax during stressful moments?

Because everyone experiences stress, it's easy to write it off as a benign part of being human. Stress can be beneficial, providing you with an extra source of energy to get through tough situations like an approaching work deadline. However, stress that lasts for a long period of time can be harmful to your health.

Try these tips to stop stress in its tracks:

- **Breathe deeply:** Breathe in for four seconds, hold for five seconds, then release for six seconds. Repeat for at least five cycles.
- **Release tension:** Flex and release the muscles in your body starting with your toes and moving all the way up to your jaw. This exercise helps you pay attention to your body, not your stress.
- **Move:** Get up and move around whenever you have a free moment. For example, go for a walk during your lunch break. Physical activity is a healthy way to clear your head.

Managing stress effectively is critical to your health. Take action to reduce your stress levels today!



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Get movin'!

Fun fitness ideas from our readers

Exercise has numerous health benefits—weight maintenance, physical fitness, stress reduction, and more. Healthy Habits recently asked some of our readers to tell us about ways they've started exercising, and we're sharing a few of our favorite responses with you. Try one of these ideas today!

"I do warm-up exercises, squats and lunges while I wait for my water to boil for my morning coffee. It's a great way to greet the day!" – *Bonnie*

"I have started getting up during commercials on my favorite show and doing jumping jacks during one part, and push-ups, sit-ups and leg lifts during the others. By the time my one-hour show is over, I've gotten cardio and some upper body and core work in." – *Cindy*



"Rather than just taking him out to do his business, I take my dog for a walk around the block. We're both getting more exercise and I'm spending more time with my four-legged friend." – *John*