



Healthy Habits

Tips and resources for living well



September 2015



Improve your health at any age

Let Us Help!

No matter your age, you have the ability to make lifestyle changes that can improve your health. In this issue, you will learn about healthy snack ideas your whole family will enjoy, how to start walking for fitness, how much sleep you need each day, and more.



Healthy snack ideas

Contrary to popular belief, snacking can be beneficial to good nutrition. Healthy snacks may add additional vitamins and nutrients to your day, help you maintain energy levels, and reduce overeating at meals. But choosing the right snacks is important. Try these healthy ideas:

- Mixed berries (blueberries, raspberries, etc.)
- Low-fat Greek yogurt
- Nuts: Almonds, walnuts or salt-free cashews
- Whole grain crackers
- 2 slices of deli meat like turkey or chicken
- Sliced vegetables: Cucumbers, carrots, celery, and bell peppers.
Try dipping them in hummus!
- Hard-boiled egg
- Granola



Log your exercise!

Track progress

To maintain good health, it's important to exercise regularly. Most adults need a minimum of 150 minutes of moderate- intensity aerobic exercise and two days of muscle-strengthening activities each week. Logging your exercise can help you to notice areas for improvement and be proud of the progress you've made.

What's your favorite healthy meal?

Ideas from our readers

Eating healthy can still be tasty! We asked some of our readers to share their favorite healthy meal to make. Try one of these great ideas today!

"Pasta primavera is my favorite. It's quick, too! Whole grain pasta, olive oil, broccoli, spinach and garlic are all you need." **-Anne**

"I enjoy grilling chicken after marinating it with lime, garlic, white cooking wine and a pinch of cumin. Pair it with your favorite vegetable and enjoy!" **-Matt**

"Burgers are my family's weakness. We've started to make our own healthier version using ground turkey and quinoa. Sometimes we even swap our hamburger buns and wrap the patties with lettuce!" **-Jaci**





How to start a walking routine

Walking is a great lifetime fitness activity. It's also a good option if you're new to exercise! Follow these steps to get started:

- Let your doctor know your plans to begin a new fitness routine.
- Make sure you have good walking shoes that are lightweight with a flexible sole, rounded heel and good arch support.
- Set a goal for the length of time and number of days per week you want to walk.
- Find a safe route, path or trail you'd like to walk.
- Bring a buddy (for companionship as well as safety), lace up your shoes, and go!

Tip: Use a pedometer or fitness device to track your steps for extra motivation and to observe your progress!



You asked, we answered

How much sleep should I get?

Sleep is just as vital to your health as good nutrition and exercise. Both the quality and quantity of your sleep are important for optimal physical, emotional and mental health. The amount of time you should sleep is dependent upon your age. The National Sleep Foundation recommends the following guidelines for daily amount of sleep:

