



# Healthy Habits

Tips and resources for living well



## Building a healthier you, from the inside out.

### Let Us Help!

Whether you already lead a pretty healthy lifestyle or you have a few wellness goals you're working toward, nearly everyone can benefit from making a healthy change or two. This month, we'll provide tips to help you get healthier and stronger from the inside out! In this issue of Healthy Habits, you will learn about exercises that can strengthen your bones, foods to eat for a nutritious, vitamin-rich diet, and more.

### Log your exercise sessions! Track your progress on our wellness website

Regular exercise is essential for good health.

If you're just starting out with exercising, you can start small (say, 20-30 minutes of exercise three times a week) and then increase your goals as you gain experience. One way to stay on track with your goals and stay motivated is to track your progress. Keeping a record of the amount of time or the distance you exercised is easy and beneficial!

In addition to tracking your exercise, you can also track your food and water intake, weight, and sleep.



### Ask a Wellness Expert! What foods provide bone-strengthening vitamins?

To maintain optimal health and build strong bones, it's necessary to consume foods that contain calcium and vitamin D. Calcium-rich foods you can include in your diet are:

- **Dairy products**—low fat milk, cheese, and yogurt
- **Broccoli and dark, leafy green vegetables**—kale, spinach, and collards
- **Calcium-fortified foods**—orange juice, cereal, soy beverages, and tofu products
- **Nuts, such as almonds.** Almond milk is a good source of calcium, too!

Vitamin D is present in very few foods, but can be found in:

- **Eggs** (including the yolk)
- **Fatty fish** (salmon, trout, and tuna) and flat fish (sole, flounder)
- **Milk, orange juice, and cereal fortified** with vitamin D

Your diet should be your primary source of calcium and vitamin D. And according to the Mayo Clinic, if you eat a balanced diet and spend

1.5 to hours in the sunshine each week, you should reach the recommended amount of vitamin D.



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## Strengthen bones

### with exercise

Like muscles, bones also get stronger with exercise. You can keep your bones strong by incorporating weight-bearing and muscle-strengthening exercises into your workout.

Examples of these types of activities include:

- **Brisk walking**
- **Tennis**
- **Dancing or Zumba**
- **Resistance training**

If some of these exercises are new to you, start with just a few minutes a day. Eventually, you can increase your physical activity to 30 minutes a day to reap greater health benefits. And remember, before beginning any fitness regimen, consult your doctor.



## No equipment, no problem!

### Exercise ideas from our readers

Staying active is a great way to keep your bones in optimal health. Even if you don't have time to hit the gym, you can still find ways to exercise at home! We recently asked some of our readers to tell us what equipment-free exercises they enjoy doing—and we're sharing a few of our favorite responses with you. Try one of these fun ideas today!

**"I am going to use a chair or bench** and do the arm exercise where you drop down with your legs in front of you and use your arms to pull yourself back up. This worked wonders in the past for me and I am excited to start them again." – *Sharon*

**"My equipment-free exercises of choice are planks and squats.** I can do them anytime and anywhere!" – *Brenda*

## Find your perfect running or walking shoes!



### Shoe-shopping tips

The best shoe for walking or running is the one that fits you the best and gives you proper support, cushioning, and flexibility. Here are a few tips to help you find the perfect pair:

- **Wear sport-specific shoes.** Sport-specific shoes are designed to protect your feet during specific activities. For example, walking shoes have cushioning in the ball of the foot, where most of the stress occurs.

- **Shop at a specialty store.** A knowledgeable salesperson can properly measure your foot, find the right fit, and match you with the best shoe for your activity.

- **Don't think you can "break in" the shoe:**

Shoes don't adjust to your feet, and don't expect your feet to adjust to the shoe. Take time to walk, run and move around the store to make sure that the shoes are comfortable from the get-go.