



Healthy Habits

Tips and resources for living well



This Month: Getting healthy **for the holidays!**

Let Us Help!

The holidays are fast approaching, and you'll need to be at your best to enjoy all the fun of the season. This month, we'll provide tips to help you prepare for the holidays by starting healthy habits. In this issue, you will learn about reasons you should quit tobacco, how to reduce your stress through exercise, managing cravings for sweets, and more.

We Can Help You Maintain Good Health

In this issue, you'll discover simple ways to improve your health and wellness.

Quitting tobacco

What's in it for you?

November is the American Cancer Society's month to bring awareness to the benefits of quitting tobacco. Here are some reasons why you should quit.

- **It improves your health!** After a year of staying off tobacco products, your heart disease risk lowers by 50%. After ten years, your risk for developing cancer equates to that of a life-long non-smoker.
- **You'll save money** – cigarettes aren't cheap.
- **There are social benefits** – public places are increasingly becoming tobacco free. Why should you have to leave the party to go smoke outside in the cold?

Quitting can be challenging, but the rewards more than compensate for the effort.



Want to reduce your stress?

Sweat it out!

Exercise is a great way to reduce your stress and improve your overall well-being. It can alleviate stress, loosen tight muscles, and it can be a lot of fun. Here are some easy ways to incorporate more physical activity into your life.

Take a quick walk on your work breaks. Even as little as five minutes can be helpful.

When you come home from work, grab your workout clothes and choose a physical activity you enjoy. Try a high-intensity workout and work up a sweat, or do some gentle yoga. Studies show that both are proven to reduce stress and improve mood.

Get active outside. Being outdoors helps you enjoy the fresh air. Think outside the box and opt for a different kind of outdoor physical activity. You could use this as an opportunity to do some fall chores. Try gardening, mowing the lawn, raking the leaves, or any other activity that you might enjoy!

It doesn't matter what you choose—any activity that gets you moving can be beneficial to your health!



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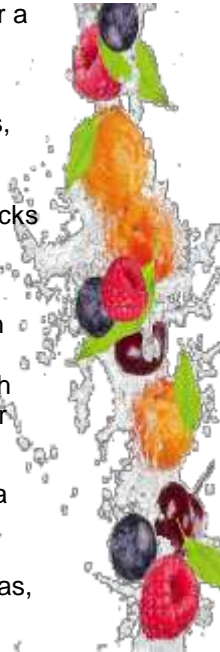


Ask a Wellness Expert

What's the best way to handle a sugar craving?

If you have a sweet tooth, you aren't alone. Fortunately, there are ways to help reduce those cravings. By nourishing your body with nutritious foods, you will want that sweet treat less. Try these tips:

- Feeling tired? First, grab a bottle of water. The water can help fill you up and give your hands something to hold onto. For added flavor, add a slice of your favorite fruit.
- For cold days when chilled water won't suffice, have a warm drink instead. For a flavorful beverage, steep herbal tea.
- Eat a healthy snack. Combine a healthy protein (nuts, nut butter, seeds, meat, dairy, or beans) with a nutritious carbohydrate (fruit, vegetable, whole grain, or a starch). Balancing your snacks can provide more energy and alleviate your cravings for the sweet stuff.
- Chewing gum can go a long way when your sweet tooth hits. It's full of refreshing flavor and keeps your mouth busy. Try sugar-free gum to make your dentist happy.
- Eat nature's candy. If you really need a sweet treat, eat a piece of fruit—it contains vitamins and fiber. Consider keeping a bowl of fresh apples, bananas, and oranges at home and work.



Always enough time for exercise!

Short exercise ideas

Time should never be an excuse for not exercising. There are plenty of fun and creative ways to incorporate exercise into your everyday life. The Wellness Experts recently asked some of our members to tell us how they would replace ten minutes of spare time with short bouts of exercise—and we're sharing a few of our favorite responses with you. Try one of these fun ideas today!

"I walk during lunchtime. I use half my lunch break to eat and the other half to walk laps around the building!" – *Jenna*

"Right after dinner, when everyone wants to sit down and relax, we go for a brisk walk around the block." – *Ed*

"Drop the smoke break and turn it into a fitness break." – *Daniel*

