



Healthy Habits

Tips and resources for living well



November 2015

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can reduce stress**

**Tricks to tame
your sweet tooth**



Make healthy changes to prevent chronic conditions

Let us Help!

Making healthy lifestyle changes can help you stave off chronic conditions like diabetes, hypertension, and more. In this issue, you will learn why you should quit tobacco, how you can reduce stress through exercise, ways to handle sugar cravings, and more.



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

If you have a sweet tooth, you aren't alone. Fortunately, you can learn to reduce those cravings. 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 on to. For added flavor, add a slice of your favorite fruit.
- **Eat a balanced snack.** Combine a healthy protein (nuts, nut butter, seeds, meat, dairy, or beans) with a nutritious carbohydrate (fruit, vegetable, whole grain, or a starch).
- **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.

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 lifelong 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!

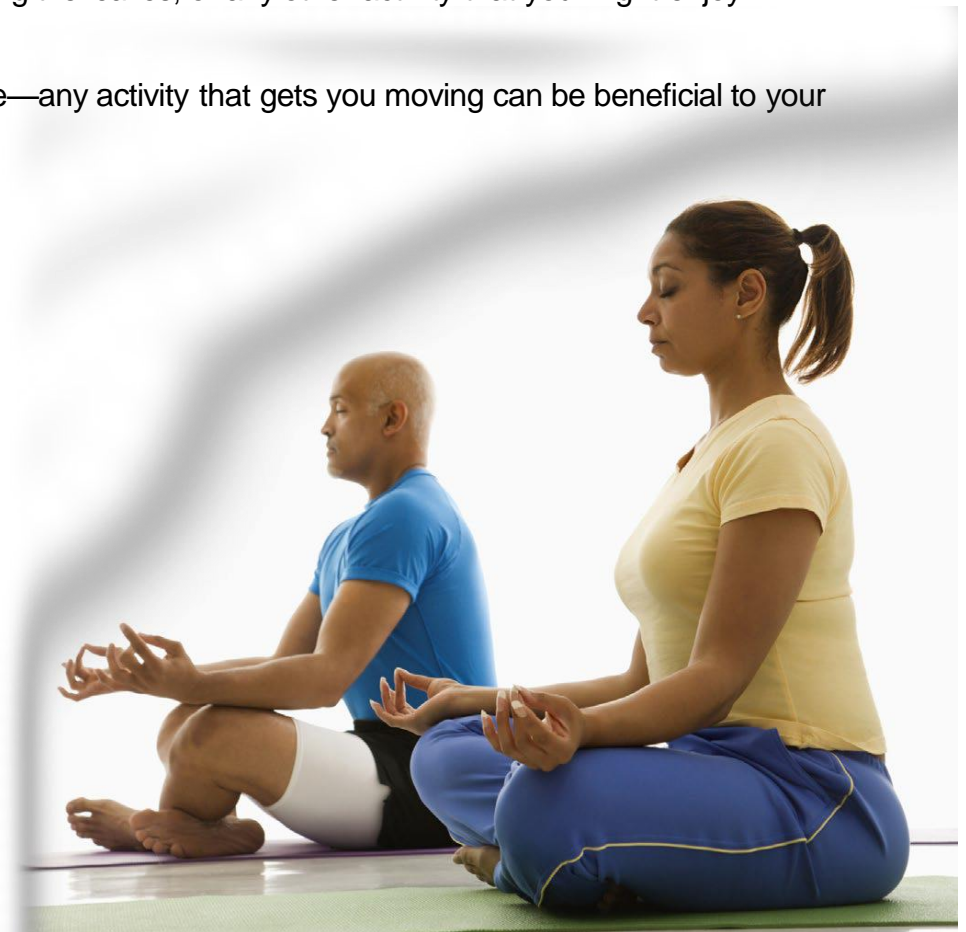
Exercise is a great way to reduce your stress and improve your overall well-being. It can alleviate stress, loosen tight muscles, and it can be a lot of fun. Here are some easy ways to incorporate more physical activity into your life.

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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