

Exclusively for

December 2014

Health**Advocate**@yourservice

# Healthy Habits

Resources and tips for living well



[Track Your Sleep](#)

Learn about tools inside >>

# Maintain your health during the holidays

## Let Us Help!

The holidays are finally here, and it's important to stay healthy so you can enjoy all the festivities. This month, we'll provide tips to help you maintain your health during the holiday season. In this issue, you will learn about ways to stress less, eat well (but still enjoy a few indulgences), stay active, and more. And remember, our expert Wellness Coaches are here to help you with a wide range of issues, from nutrition and fitness to weight management and stress reduction, and more.

## We Can Help You Maintain Good Health

In this issue, you'll discover simple ways to improve your health and wellness. You'll also learn how your Health Advocate Wellness Coaching program provides you with the extra support you need to stay healthy.



## Get Started Today!



Email:  
Web:

## Website Spotlight:

### Wellness Tutorial: De-Stress

Nervous about how to handle the hectic holidays? Visit your Wellness website to take the De-Stress Tutorial, which can give you some great tips on staying calm and relaxed during this busy season.

Remember, your Health Advocate Wellness website features a variety of resources to help you improve your health and well-being. Log on today to explore all our expert resources!

**Get started now!**

**Get  
Started  
Now!**

## Maintain your weight during the holidays

There's still time to join the **Maintain, Don't Gain Campaign**. It can help you eat better and stay healthy throughout the holiday season.

**Sign up today!**

## Improve your health today!

### Sign up for Wellness Coaching

Do you want to get healthy? Maybe you want to lose weight, eat better, or quit tobacco? Just call to speak to a Wellness Coach. Then, by phone, email or secure web message your Coach will help you reach your health goals—and stay with you every step of the way!

### We'll help you:

- Set goals and create action steps
- Stay on track with motivation
- Use tips and helpful resources like healthy recipes and workout routines to meet your goals

### Go online for added support!

Your confidential Wellness Website is packed with fun, interactive tools:

- Take your Personal Health Profile
- Sign up for a Wellness Workshop or tutorial
- Track healthy activities
- Sign up for seasonal Wellness Campaigns to keep you focused

**Sign up for Wellness Coaching today!**

# Need expert help? Contact your Wellness Coach!

## Trusted help any time of the year

During the busy holiday season, you may have questions about maintaining your health and well-being and not know where to turn. Luckily, your Wellness Coach can help with a variety of health- and wellness-related concerns. Call your Coach for answers to questions like:

- How can I stay healthy during the holidays?
- How can I enjoy social events and stick to my eating plan?
- What strategies can I use to fit physical activity into my hectic schedule?
- Are there things I can do to better manage my stress during this busy time of year?

These are just a few of the questions Health Advocate can help answer. **Call your Wellness Coach to find help and solutions for these concerns, and more!**



## Log your sleep!

Track your zzz's on your Wellness website

To stay healthy during the hectic holiday season, it's important to make sure you get enough sleep. Most adults need 7-8 hours of sleep daily. Logging your sleep can help you be more mindful of your rest and allow you to notice areas for improvement. We make it easy to track your sleep—you can log it right on your Wellness website!

Your Wellness website features a variety of easy-to-use health trackers to help you stay on top of your wellness goals. In addition to tracking your food, you can also track your exercise, food and water intake, weight, and more.

**Log in today to get started!**



## Keep-calm tactics

'Tis the season to stress less!

Getting caught up in the spirit of the holidays can add stress to your already busy life. Try these tips to stay calm:

- **Plan ahead.** Set aside specific days for shopping, baking, or visiting with friends.
- **Learn to say no** when your holiday calendar gets too full. It's okay to set boundaries and decline invitations sometimes.
- **When it's cold outside** and life gets a little chaotic, treat yourself to a nice, relaxing bath.

Make this holiday season one to look forward to, not one to stress about!

**Call your Wellness Coach for more ways to manage stress during the holidays!**



Discover your risk for disease

## Take your Personal Health Profile



Knowing your health needs and risks is critical to long-term health and wellness. A Personal Health Profile (also known as a Health Risk Assessment) is a simple survey that gives you a snapshot of your current health status and risk for certain diseases and conditions.

Log in anytime, 24/7, and answer the survey questions—it'll only take 15-20 minutes. You'll instantly receive a customized report outlining your health status and specific steps you can take to improve your health.



**Complete your Personal Health Profile today!**

## Keys to better holiday nutrition Balance and moderation!

Eating healthy during the holidays doesn't have to be hard. In fact, it can be quite delicious! Try these simple tips.

- **Follow the My Plate Model.** Fill at least half of your plate with fruits and vegetables, then whole grains and protein. Fill up on the good stuff!
- **Small, frequent snacks.** Eat small, healthy snacks (like fruits and vegetables) in between meals so you can keep a handle on your hunger.
- **Limit desserts.** Ideally, dessert should only make up 10% of your diet (that's about 150 – 200 calories).
- **Drink in moderation.** Treat alcohol like a dessert and drink no more than one, or two for men, beverages containing alcohol.
- **Enjoy eating!** Don't forget to enjoy the actual meal. Eat slowly. Savor the flavors. Stop when you are no longer hungry. The less you eat today, the more leftovers you have tomorrow!



Remember, focus on moderation and balance to keep your holidays nutritious and enjoyable.

**Your Wellness Coach is a great source for ideas to help you eat healthy during the holidays. Call today for personalized, one-on-one guidance!**

## HealthAdvocate™

Always at your side

**Reminder! Your Health Advocate Wellness Coach** is available via telephone, email or instant message to help you reach your health goals.



### ✓ Wellness Coaching

Your personal Wellness Coach can help you lose weight, eat better or reach other health goals.

### ✓ Your Member Website

Visit your Health Advocate member website for information, tools, tips and more!



### Who is eligible?

The Health Advocate Wellness Coaching program is available to eligible employees, their spouses and dependent children, age 18 and older.

# Fitting Exercise into a Busy Schedule

Last January, Jen contacted a Health Advocate Wellness Coach after she discovered that she had gained weight over the holidays. With her coach, she has made several sustainable lifestyle changes that ultimately helped her lose nine pounds.

First, Jen revamped how she eats. She has reduced her sugar intake significantly, but makes sure she never feels deprived—as a treat, she enjoys a bite or two of dark chocolate every day. She has also made an effort to control her portions, especially with high-fat nuts and seeds. And now, whenever she feels hungry, she reaches for a glass of water first, rather than a snack. Not only has her overall nutrition improved—her daily water intake has, too.

Jen's healthy lifestyle changes weren't just limited to her diet. Her coach helped her realize that any physical activity she does is better than nothing. Jen's coach nudged her to do more cardio to increase the calories she burns, plus she added strength activities (squats, push-ups, planks) multiple times a week. Through these simple changes, Jen shed her holiday weight gain, and now reports feeling healthy and fit.

**Your Wellness Coach can help you meet your healthy goals, too!**  
**Call today:**



**Has a Wellness Coach helped you improve your health? Tell us your story!**  
**Email us:**

## You asked, we answered:

### What are some ways I can stay active during winter?

It's important to remember that staying active is just as important in the winter as it is in the summer. In fact, given all the delicious holiday food around, it may be even more important! Here are some ways to stay active during the colder months:

- **Stick to your schedule.** If you exercised at a certain time in the summer, that time will work just as well in the winter. Keep the habit going!
- **Try enjoyable activities.** If you have a gym membership, winter is a great time to use it. Don't want to go to the gym? Follow a workout video at home.
- **Get out there!** If you miss your outdoor runs, do them—just be mindful of less daylight and colder

temperatures. If it's dark, wear reflective clothing and bring a headlight to see your path. If it's cold, wear warm layers.

- **The more, the merrier!** Being active and spending time with family and friends can go hand in hand. Invite others to join you for fun activities that get everyone moving, like ice skating, sledding, or walking around the neighborhood to check out the holiday lights.



**For more information on staying active during winter, contact your Wellness Coach!**

# Your Wellness website

## Expert help, 24/7

Your Health Advocate Wellness website features fun tools and resources to help you reach your wellness goals. **Log on today to get started:**

- ✓ **Contact a Health Advocate** Wellness Coach
  - ✓ **Log your progress** with food and exercise trackers
  - ✓ **Take your Personal Health Profile** (also known as a Health Risk Assessment)
  - ✓ **Access wellness tips**, articles, and healthy recipes
  - ✓ **Take online tutorials** for help losing weight, getting fit and more
- Get started now:**



## Healthy party starters

### Nutritious appetizer ideas

Whether you're hosting a holiday party or family gathering, or you're a guest contributing a dish to the celebration, there are many ways to make your holiday party a healthy, tasty, and festive event. We recently asked some of our members to tell us what healthy appetizer they would make for their next holiday party—and we're sharing a few of our favorite responses with you. Try one of these fun ideas!

"Deviled eggs, stuffed peppers with turkey, and chocolate dipped berries." – **Mark**

"Hummus with raw veggies and chicken on a stick." – **Ann**

"You can't go wrong with fruit or veggie platters. My kids love them." – **Blythe**



**Need healthy holiday nosh ideas?**  
**Call your Wellness Coach for help!**

## Want more wellness tips?

Visit your Health Advocate Wellness website for helpful tip sheets, wellness tutorials, and much more!



**Make your voice heard!**

**Tweet us @HealthAdvocate** and tell us **how you stay healthy during the holidays!** Your response may be featured in an upcoming newsletter.

**Help is Just a Phone Call Away**



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