

# STALL STREET JOURNAL

WELLBEING NEWSLETTER FROM RELPH BENEFIT ADVISORS

*Much of our health is shaped by our habits. It's those small, seemingly insignificant things we do each day (often without conscious thought) that impact our health in big ways over the long haul. Here are five ways you can change for the better this year.*

January 2019

## Five Healthy Habits to Adopt in 2019.

**1. Find enjoyable ways to stay active.** The key word here is enjoyable. Exercise is a four-letter word for a lot of folks. It conjures up images of sloggng through a torturous workout routine in a state of sweat-covered misery. It doesn't have to be this way.



### 1. Find enjoyable ways to stay active.

The American Heart Association recommends two and a half hours of moderately intense physical activity per week. This translates to about 20 minutes per day, or a half hour each weekday if you'd prefer to not worry about your routine on the weekend. Schedule exercise just like you schedule a doctor's appointment. Put it on the calendar!

### 2. Create a healthy but sustainable diet.

what (and how much) we eat. Today, more than two-thirds of Americans are overweight, and over a third are obese. These numbers have been rising for decades. Our advice: Make healthy, portion-controlled eating a long-term habit while allowing for the occasional indulgence. the payoff – avoiding the numerous health risks associated with being overweight or obese – is absolutely worthwhile. Try downloading a free calorie counting app just to get started, like suggest My Fitness Pal or Lose It!

**3. Develop healthy coping strategies for managing stress.** Stress affects most of us in some capacity on a regular basis. If we're not intentional about developing healthy coping strategies, unhealthy ones like overeating or binge drinking can quickly creep in. Some key coping strategies might include exercise, meditation, journaling, and setting aside designated time to "unplug" and relax.

**Mini-tip #3:** *If you're curious about mindfulness and meditation, there are some fantastic apps that can guide you through the process. Many offer free trials. Check out Headspace, Calm, and 10% Happier.*

*Adapted from an article by Kelly DeMeyere Coursey, MD, at [paladinahealth.com](http://paladinahealth.com).*

### 4. Make it a priority to get a good night's sleep.

**4. make it a priority to get a good nights sleep.** In addition to making you feel sluggish and unmotivated, studies have shown that repeatedly not getting enough sleep is correlated with chronic diseases like obesity, diabetes, and high blood pressure. Plus, sleep is deeply tied to our mental health, as problems with sleep are caused by and shown to be contributing to depression and anxiety.



Develop routines that promote healthy, restorative sleep. These include avoiding electronic screens at least an hour before bedtime, naps in the afternoon, and stimulants like caffeine later in the day, alongside exercising regularly.

### 5. Take a proactive approach to healthcare.

**5. Take a proactive approach to health-care.** Doctors see their healthiest patients just as often – or in some cases more often – than those whose health is poor. Healthy patients take a proactive approach to getting the care they need. They schedule appointments for check-ups, routine screenings, and to discuss various matters of concern.