



Taking Charge of Your Health

Being healthy includes more than just exercising or eating right. While, exercise and eating right are important parts of an overall healthy lifestyle, it isn't healthy, for example, to take good care of your body but neglect your emotional health, or exercise regularly but not eat well.



Consider the following tips for a healthier you:

Exercise

Studies have shown that even modest exercise may produce benefits, including: weight loss, lower blood pressure, lower cholesterol levels, an enhanced immune system, and an increased sense of well-being.

- Make sure that your exercise plan is realistic with your lifestyle and preferences. For example, if you have children, plan exercise that involves them — such as family walks, bike rides, or pool time.
- Schedule regular workouts rather than trying to fit them in when you have time, and have an alternative plan in case of bad weather or other interruption.
- Before you start an exercise program, talk with your health care professional about your health goals and what type of activity would be most beneficial.

Eat Right

A balance of carbohydrates, fats and proteins are necessary for the body to remain healthy and to function properly.

- Focus on including fresh fruits, vegetables, and whole grains in daily meals.
- Drink plenty of water every day, and limit drinks that contain caffeine, alcohol, or large amounts of sugar.
- Keep healthy snacks available—such as peeled carrots, sliced apples, etc. —so you won't be as tempted to reach for those cookies.

Look on the Bright Side

Adopting a positive outlook and finding ways to release anxiety and stress play an important role in your overall health. If you doubt this, just think about how your blood pressure rises and your heart beats faster when you are agitated or angry.

- Laugh! Not only does it get your blood flowing, but it also reduces the level of stress hormones in our body and increases the level of health-enhancing hormones.
- Rather than viewing obstacles and setbacks negatively, try to see them as opportunities to learn and grow from.
- Identify effective ways to relieve stress—such as yoga or becoming more organized. Talking to a mental health therapist or EAP counselor can not only relieve stress but can be helpful in identifying techniques that will work best for you.

To contact UW CareLink Faculty and Staff Assistance Program:



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