

How to Keep Health a Priority

Whether your goal of the challenge was to eat healthier, lose weight, reduce stress, or just make healthier choices, you now have some resources that will help make being healthier easier than ever!

Instead of making a long list of things you want to change, let's focus on steps you can take to keep your health a top priority!

1. **Keep It Simple:** Pick one or two reachable health goals and stick to them. It is much more rewarding to make a few simple changes than to make lots of difficult changes at once.
 - Here are a few ideas to make small health commitments each day:
 - Take 20-minute walk 3 days a week
 - Drink a glass of water every morning
 - Add one serving of vegetables to your meals each week
 - Swap a candy bar for a fruit bar
 - Spend 5-10 minutes meditating and/or journaling
2. **Keep Stress Levels Down:** The more stressed we are the less likely we are to stick to a new regimen, even if it's easy. Managing stress is often overlooked and can affect all aspects of your life in a negative or positive way.
 - **Tips to reduce stress each day:**
 - Get enough sleep
 - Learn/practice relaxation techniques like deep breathing, yoga, etc.
 - Strengthen your social network, hang with positive
 - Ask for help (utilize your benefits like EAP)
3. **Know Yourself:** Forcing yourself to do something that is out of the ordinary does not usually yield the desired results. If you really want to reach your health goals, try working with your strengths or removing weakness from the equation.
 - **A few ideas:**
 - If portion control is hard, use a smaller plate, ask for your meal to be cut in half and put one half in a to go box when eating out
 - If late night snacks are a challenge, try frozen fruits (grapes, blueberries)
 - If exercise is not your thing, what is? find something you enjoy that requires you to stand and move (gardening, cleaning, grab a buddy)

There is no time like the present to make your health a priority. If you really want to eat well, lose weight, save money, and have more time for exercise put these steps into action and make health a priority in your life!