



Healthy & Resilient

WORKPLACE

CONCERN: EAP

Vol.1 No. 5

Make Health a Priority



TAKE ACTION!

And live a healthier, more productive life.

Take a bike ride. Toss a ball. Eat less salt. Try more veggies. There are many easy things you can do every day to improve your health and increase your resilience.

Eat Healthy

Eat a variety of fruits and vegetables every day. They are sources of many vitamins, minerals, and other natural substances that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.

Get Good Sleep

Insufficient sleep is associated with a number of chronic conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability. To take advantage of the long-term benefits of being well rested, adults should get between 7-9 hours of sleep per night.

Move More

Adults need at least 2½ hours of moderate-intensity aerobic activity (such as brisk walking) every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller chunks of time during the day.

Tame Stress

Stress can sometimes be a good thing. But it can be harmful when you feel overwhelmed or out of control. Finding ways to cope with stress can help restore calm and serenity to your life. Employing a combination of methods is often an effective approach. Get active. Exercise of any kind is good. Walk, jog, garden, swim, houseclean—anything that gets you moving. Relaxation techniques such as yoga, tai chi, massage, and meditation are also proven stress reducers. Reach out to family and friends. Laugh more. You'll feel better.



Regular checkups
can help diagnose
issues early, before
they become
problems

Toss out the Tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Avoid being around secondhand smoke. Second-hand smoke is a serious threat with potential for the same health risks as experienced by smokers. Babies, children, pregnant women, the elderly, and those with chronic illnesses are especially vulnerable.

Stay on Top of Your Game

See your health care provider for regular checkups. Certain diseases and conditions may not have symptoms. Checkups help diagnose issues early or before they can become a problem. Pay attention to recurring signs and symptoms including chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or persistent symptoms of any kind, see your doctor right away.

Keep track of your numbers for blood pressure, blood glucose, cholesterol, body mass index (BMI), and any others your medical provider is monitoring. If your numbers are not in the normal range your health care provider can suggest what you need to do to improve them. Be sure to ask what tests you need and how often you need them.

Get vaccinated. Everyone needs immunizations to stay healthy, no matter what your age. Even if you had vaccines as a child, immunity can fade with time.

Vaccine recommendations are based on a variety of factors, including age, overall health, and your medical history. Ask your health care provider which vaccines you need to stay healthy.

Small actions like eating a healthy diet, sleeping well, and getting enough exercise support your efforts to stay healthy and live a more resilient life.

Your online source for credible health information and the official website of the Centers for Disease Control and Prevention is www.cdc.gov.

Resources and Websites:

U.S Department of Health & Human Services
<http://www.health.gov/>, <http://www.healthfinder.gov/>

United States Department of Agriculture
<http://www.choosemyplate.gov/>

World Health Organization http://www.who.int/dietphysicalactivity/factsheet_adults/en/

The Healthy & Resilient Workplace newsletter is intended for informational purposes only, and should not be used to replace professional advice. If you find your level of stress is impacting your well-being, you can contact CONCERN: EAP at (800) 344-4222 or <http://www.concern-eap.com/> for additional help and support.