



healthy habits

Everyone can use a little help with their health. These tips can help motivate you to take an active role in improving your nutrition and exercise habits. Share them with your friends, post them on your refrigerator or carry them in your wallet. Let them inspire you to make healthy choices every day.

Slim Down

- Be careful not to drastically cut your calories – your body will think it's starving and your metabolism will slow down. Eating too little can actually slow weight loss as well as hurt your health.
- Indulge in tasty, low-calorie vegetables, including green beans, spinach, broccoli, zucchini, carrots and cabbage.
- Even when you're watching your diet, you can allow yourself an occasional treat.

Drink Up

- Drink about 8 glasses of water per day – more if you're exercising.
- Keep hydrated while you exercise. Drink 8 ounces of water 20 to 30 minutes before exercising, have 4 to 8 ounces of water every 10 to 15 minutes while exercising and drink 8 ounces of water within 30 minutes after exercising.
- Don't count caffeinated beverages as ways to get more water. Caffeine is a diuretic, which makes you lose water.

Get Moving

- Exercise a minimum of 20 to 30 minutes 3 to 5 times per week to keep your heart healthy.

- Stretch. Flexible muscles are less prone to injury.
- Walk, don't drive, to the corner store for light shopping.
- At work, park a few blocks away or at the farthest end of the lot so you can walk to and from your job site, and take the stairs whenever you can.

Eat Right

- Enjoy a healthy snack, such as fruit or brown rice cakes, between meals. This gives you energy, reduces your appetite and increases your metabolism.
- To avoid roller-coaster energy levels, eat more complex carbohydrates such as grains and vegetables.
- Make salad an important part of your meal plan. Choose lettuces with darker leaves, such as romaine or red leaf. They have more nutrients than those with lighter leaves.
- Pack a lunch that includes carrot sticks and an apple.
- If you're eating out, avoid fried foods and heavy sauces. Instead order grilled, broiled or baked fish and chicken, or create a salad at the salad bar – just be sure to limit toppings that are high in saturated fat, such as cheese, fried noodles and bacon bits, as well as ready-made salads loaded with dressing.

Did you know your CareAllies Healthy Steps to Weight Loss® weight management program could help?

Take the first step to living a healthier life.

The CareAllies Healthy Steps to Weight Loss® program helps you manage your weight using a non-diet approach. It assists you in building confidence, becoming more active, eating healthier and changing habits. You can select from two convenient options, a telephone program or an online program – or use both.

Get the support you need and the results you want. Call [000.000.0000] or go online: [www.myCareAllies.com] and enter the password: [xxxxxxxxx]