

# Healthy Habits Newsletter

June 2024



## The Benefits of Walking

Something as simple as a daily walk can increase your physical and mental well-being. Whether it's a morning hike or an evening stroll, [regular walking](#) can assist in maintaining a healthy weight, strengthen immunity, improve heart health, decrease the risk of high blood pressure and type 2 diabetes, and reduce stress.

This easy activity doesn't require equipment, can be done solo or with others, and encourages spending time outside in the fresh air. These three tips can help you stay motivated:

**Set realistic goals:** Sometimes a win is starting small! For example, you may decide to take a 10-minute walk during your lunch break before setting a goal to walk three miles. Try walking at the same time each day to create a routine.

**Find what works for you:** Do you struggle walking solo? Make this a family activity or catch up with a friend by walking and talking. If you prefer to walk on your own, consider listening to music, audiobooks, or podcasts.

**Track your steps:** One of the best ways to stay motivated is to view your progress. Track your steps with your phone, smartwatch, or other fitness-tracking device.

## Stay Healthy During Travel

With travel at its peak during summer, it is important to stay in good health! Reduce your chance of illness and stay energized by keeping the below [healthy habits](#) in mind:

- Whether you're traveling by plane or car, prevent illness by washing your hands thoroughly throughout your trip.
- Be mindful of your meals. It's easy to overeat or leave out nutritious foods while on vacation. Balance indulgent meals with fruits, veggies, protein, and water.
- Get your steps in by exploring a new area. This is a great way to stay active!



## 8 Healthy Dishes For Summertime

Enjoy these nutritious meals on a warm and sunny day!

[1. Salmon with Summer Vegetables](#)

[2. Sweet and Tangy Chicken Burgers](#)

[3. BBQ Spaghetti Squash Sliders](#)

[4. Grilled Shrimp with Chili Cocktail Sauce](#)

[5. Grilled Chicken Breasts with Spicy Peach Glaze](#)

[6. Summer Layered Salad with Grilled Chicken and Tomato Vinaigrette](#)

[7. Healthy Pasta Salad](#)

[8. Watermelon-Blueberry Salad](#)

Find these recipes on [FoodNetwork.com!](#)

## What is Metabolic Syndrome?

[Metabolic Syndrome](#) refers to a cluster of risk factors that increase your chance of developing heart disease, type 2 diabetes, and other health conditions. While having just one of these risk factors is possible, many people experience multiple risk factors together.

Those with at least three out of five of the below metrics are considered at risk for Metabolic Syndrome:

- Elevated Body Mass Index
- Elevated Triglycerides
- High Blood Pressure
- Low HDL Cholesterol Level
- Elevated Glucose Level

Each of these out-of-range metrics can increase your chance of heart attack, stroke, and other health issues. Obesity, lack of exercise, and poor diet are some of the most common lifestyle habits that lead to Metabolic Syndrome. Age and genetics can also play a role.

If you are diagnosed with Metabolic Syndrome, your doctor can assist you in creating a plan of action. Metabolic Syndrome is reversible with routine exercise, a heart-healthy diet, a smoke-free lifestyle, and maintaining a healthy weight.

[Watch this video](#) from Mayo Clinic to learn more about improving your long-term heart health.

