

Healthy Habits



STEP TOWARD SUCCESS

Health experts agree that walking 10,000 steps per day can benefit your physical and mental wellness. For many, this goal can feel lofty but Mayo Clinic professionals note that any amount of exercise is better than none. Whether you're regularly reaching this goal or slowly working toward it, these practical tips can help you move more in the new year!

- **Don't be discouraged:** 10,000 steps equate to approximately five miles. Tracking your daily steps with a phone, smartwatch, or other fitness-tracking device can keep the momentum going. If you aren't currently reaching this step count, start small by tracking your daily steps and working up to this goal. Strive to add an extra 1,000 steps every two weeks.
- **Find what works best for you:** Add more walking into your routine! Whether you step away from your desk and stroll during lunch or walk your dog after work, forming a new habit is most sustainable when it fits into your schedule and lifestyle.



Watch this video from Mayo Clinic for tips on staying active during the workday.

- **Be mindful of moving more:** Mayo Clinic says small changes can make a big difference. Take the stairs rather than the elevator or park farther away on a nice day when you go to the store.
- **Make walking fun:** Catch up with a friend while going on a walk, take a walk with the whole family, or listen to your favorite playlist or podcast to make your workout enjoyable.

If you completed a screening with Empower Health Services, explore additional health and wellness resources on empower.health!

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REDUCE THE RISK OF HEART DISEASE WITH A HEALTHY DIET

A nutritious diet is one of the best ways to keep your heart strong. By choosing healthy foods, you are reducing the risk of heart disease, type 2 diabetes, and other serious illness. These three steps can help you make mindful decisions during mealtime:

- 1. Limit sugar in your diet:** Watch for hidden sugars in your food and drink. By limiting sugar, you can lower your glucose level and help prevent or manage diabetes.
- 2. Opt for fresh foods over processed foods:** Adding fresh fruits and vegetables into your daily diet can provide essential vitamins, minerals, antioxidants, and fibers. They also make for a delicious low-calorie snack!
- 3. Monitor saturated and trans fats:** A diet high in unhealthy fats can significantly increase your risk of heart disease. Instead, choose foods that include healthy fats.

JANUARY RECIPES



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