

HEALTHIER LIVING

CREATE A HEALTHY LIFESTYLE THROUGH PHYSICAL ACTIVITY, NUTRITION, AND LIFE BALANCE

Making the Most of Your Wearable Health Data

Wearable devices like fitness trackers, smartwatches, and other wearables have become everyday companions for many of us. They quietly collect a wide range of health data from how many steps you take to your sleep patterns and stress levels.

Collecting data is just the beginning, and the real benefit comes from knowing how to use that information to support your wellbeing.

Start with Awareness

Before you dive into the numbers and data, take time to understand your personal baseline. What does a normal day look like for your sleep, heart rate, or activity levels? Knowing your typical patterns can help you notice when something is out of sync, like poor sleep or higher stress levels.



Improve Sleep Habits

Many wearables track sleep stages and duration. If you notice your sleep quality is lacking, start by looking at your routine to make small changes. Things like avoiding screens before bed and maintaining a consistent bedtime can go a long way toward improving overall sleep quality.

Use Activity Data as a Guide

If you're trying to build consistency in your daily activity, step counts and movement reminders can be great motivators, but they don't need to ruin your day if you are just shy of your goal. Think of these goals and reminders as gentle nudges to stay active and not about hitting a perfect number. These insights can help you find times during your day to reduce overall sitting time or other sedentary activities.

Let the Data Work for You

Everyone's body responds differently to exercise, rest, and stress. Use your wearable data as a personal guide and not a scoreboard. Over time, these insights can help you make more informed choices and adjust your habits in ways that support your long-term health, but don't let your data tell you how to feel. It is important to take time to stay tuned into your body and understand the messages it's sending you. ❤️

challenge of the month: track your data

Challenge yourself to actively use the health data from your wearable this month.

Start by checking your **average sleep duration, resting heart rate, and daily step count.** Then choose one

metric to focus on making improvements. For example, choose increasing your daily movement and step count.



Then set your goal. What feels realistic? If you currently average 5,000 steps per day, maybe the next step is 7,500 steps. The goal isn't perfection, it's awareness. Use your data as a guide and notice how your body responds.



“We already have an abundance of evidence showing that aerobic activity can significantly improve our cardiovascular risk factors, which typically include cholesterol reduction, weight management, blood pressure reduction, as well as even glucose or blood sugar control.”

— Tamanna Singh, MD., Cardiologist, Cleveland Clinic

Portion Control vs. Food Freedom

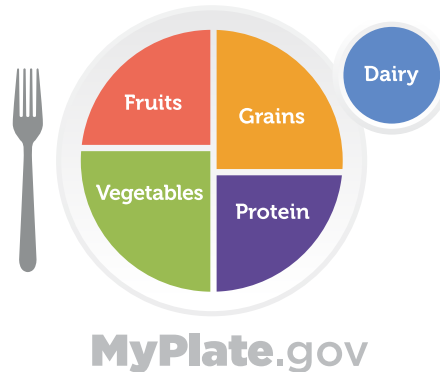
Finding the middle ground: Practice tips to eat mindfully without obsessing over calories

When it comes to nutrition, the concepts of **portion control** and **food freedom** are often viewed as opposites, but they can work together to create a balanced approach. Portion control provides structure and awareness, while food freedom encourages flexibility and enjoyment. The key is finding a middle ground where mindful choices support both health and satisfaction.

A great starting point is the **MyPlate visual**: fill half of your plate with fruits and vegetables, a quarter lean protein, and a quarter with whole grains. This simple guide ensures balance without restricting or strict measuring. It's important to focus on adding in healthy choices rather than restricting foods you "can't" have. This positive mindset makes healthy eating more enjoyable and less stressful.

Treats have a place, too.

Restricting favorite foods can lead to unnecessary cravings and make it harder to maintain healthy habits. By enjoying treats mindfully and in reasonable amounts, you can satisfy cravings and honor your preferences



while staying aligned with your nutritional goals.

Your environment also matters.

Keep washed and cut produce in the fridge, ready to grab. Stock up on nutrient-rich foods like nuts, yogurt, and beans. When healthy options are accessible, they naturally become part of your routine.

Finally, slow down and enjoy the art of cooking.

Experiment with flavors, try new recipes, and make meals something to look forward to. Blending portion control with flexibility allows you to nourish your body while still enjoying a variety of foods without guilt. ♥

Q. Where do I start with healthy eating?

Starting to eat healthier doesn't have to be complicated! A good first step is focusing on adding more nutritious foods rather than just cutting things out. Try filling half your plate with fruits and veggies, a quarter with protein, and a quarter with whole grains — think of the **MyPlate** idea as an easy visual guide. When you're choosing foods and beverages, aim for options lower in saturated fats, added sugars, and sodium, like swapping sugary drinks for water or flavored sparkling water and choosing lean proteins over fried options.

Little changes, like keeping healthy snacks handy and planning meals ahead, can make a big difference. Also, slow down and notice when you're hungry or full. Being mindful of your hunger and fullness cues helps you enjoy your food and avoid overeating. And don't stress about being perfect — healthy eating is all about balance. Treat yourself to foods you love in moderation and see them as part of a flexible plan, not a "no-go" list.

Start small, celebrate the wins, and build habits over time. Those simple, consistent steps will naturally add up to lasting changes. You've got this! ♥