

# PSA In Good Health

## New Year, New You. Healthy Tips for 2020.



2020

Not only is a new year upon us, but a new decade is too! Year after year we make resolutions to exercise regularly, eat well, and give up smoking and other bad habits. Following such basic rules can cut heart disease risk by 80 percent, diabetes risk by 90 percent, and cancer risk by 50 percent, according to the Centers for Disease Control (CDC). But most of us fail to keep our resolutions. Below, are some practical ways to get and stay healthy and keep your promise to yourself.

- 1. WEAR A Pedometer/Tracking Device.** Routinely wearing a pedometer/tracking device encourages people to walk about an extra mile each day, lose weight, and lower their blood pressure. Aim for at least 30 minutes of brisk walking and a total of 10,000 steps per day.
- 2. DON'T FORGET STRENGTH TRAINING.** Too many people neglect strength and resistance exercise which is crucial for preventing muscle and bone loss with age. Lift weights for at least 20 minutes, two- to three-times per week.
- 3. DON'T POP TOO MANY VITAMINS.** Enthusiasm for vitamin pills is high, but before you start taking them, ask your doctor for his/her advice. He/she may order blood work to identify deficiencies. Try to get vitamins from foods. Taking vitamins when there is no deficiency yields low results and unnecessary costs.
- 4. EAT AT LEAST TWO FISH MEALS PER WEEK.** The oils in darker types of fish, such as salmon, tuna, mackerel and herring, are beneficial for the heart and brain health.
- 5. DRINK WATER.** No matter where you are, water should always be the first thing you reach for when you're thirsty.
- 6. SLEEP 8 HOURS A NIGHT.** You really do need at least 8 hours of sleep a night; there are many health benefits. Adequate sleep makes you feel better, decreases risk for cardiovascular disease, and boosts memory.
- 7. KEEP SUGAR TO A MINIMUM.** It's hard to believe, but decreasing sugar actually increases people's energy by minimizing the highs and lows that sweet foods trigger. Eliminating sugar may also help you lose that stubborn weight!
- 8. IF YOU SMOKE, QUIT.** There is nothing good about smoking! If you're having trouble quitting, start smoking less today—smoke only half a cigarette, and skip as many of your usual smokes as you can. Talk to your doctor. Find a support group.
- 9. DON'T FOCUS ON DIETING, FOCUS ON EATING.** If you're hungry, you're more likely to overeat, especially in the evening. It's better to eat enough during the day to avoid hunger pangs and uncontrolled eating at night. Eat every four hours or so, and make sure to eat a "second lunch"—think of it as another meal rather than a snack—in the mid-afternoon to keep your energy up and make you less hungry in the evening. Choose healthy foods and stay away from the vending machine.
- 10. CALCULATE YOUR IDEAL CALORIC INTAKE AND STICK TO IT.** According to the American Diabetes Association, here's how to calculate a rough guideline for daily caloric intake: multiply your ideal body weight by 10 (i.e., 1,200 calories if you want to weigh 120 pounds) and then add another 600 calories if you're moderately active, a few hundred more if you're very active. Divide those calories out across the day.
- 11. EAT THREE DIFFERENT FOODS AT EVERY MEAL.** Choose from all the food groups throughout the day. Use an app like MyFitnessPal ([www.myfitnesspal.com](http://www.myfitnesspal.com)) to track your intake.
- 12. EATING WON'T SOLVE EMOTIONAL PROBLEMS.** Many people eat to make themselves feel better when they're upset. It works in the short run; certain foods can temporarily boost mood. But in the long run, you'll have the same emotional problems, plus the extra weight.
- 13. DON'T DRINK TOO MANY CALORIES.** It's easy to drink calories without noticing, that eggnog latte at Starbucks has nearly as many calories as a Big Mac. It's okay to have one as an occasional treat, but consider it a meal, not a drink.

**So, in 2020, why not pay attention to YOU and make it a happy, healthy year! Your health plan carrier is available to help, and their services are FREE! They have coaches who can help you make lifestyle changes. Call their customer service number and they will connect you!**