

Monthly  
Wellness  
SpotLight  
by PSA



IN GOOD HEALTH

**GIVE YOURSELF THE GIFT OF HEALTH AND WELLNESS THIS HOLIDAY SEASON!**

The holidays are upon us! We are buying the perfect gifts for those who are nearest and dearest to us, but don't forget about yourself. As you go through the holiday season and New Year, treat yourself with care and consider the following tips and advice.

**Eat Healthy**

Holiday treats are tempting, and many of us come out of the holidays with a weight gain of five pounds. But it doesn't have to be that way! Balanced nutrition is the cornerstone of good health. Why not bend the curve and lose five pounds this year instead of gaining five? There are several free apps that can help, including:

- My Fitness Pal—Offers a huge food database and calorie counter
- FatSecret—Offers an easy-to-use food diary for you to track and plan your meals
- Lose It!—Helps you lose weight and enjoy the process
- MyPlate Calorie Tracker—Helps you find out which foods contain the most calories, set your daily calorie goals, and keep track of your water intake

**Don't Forget to Exercise**

We all know the importance of exercise. It can help control and even prevent heart disease, stroke, diabetes, some cancers, and even depression. It's important to be active for 30 to 60 minutes at least 5 times a week, but any amount of exercise is better than none. Below are free apps to help you with your exercise plan. All are available in your app store:

- Runtastic—Offers a great platform for running, jogging, or biking
- Daily Yoga—Features more than 100 classes for all levels and includes a "community" section where you can connect with others
- My Training Work Out Tracker Log—Offers over 100 training videos and a way to track your exercise
- Couch to 5K Runner—Offers advice, support, and help to get you on your way to your first 5K

**If You Smoke, Quit!**

The Centers for Disease Control offer free quit resources at [Tips From Former Smokers®](#) | [Tips From Former Smokers®](#) | [CDC](#). By quitting, you reduce your risk for heart disease and cancers of the mouth, throat, and lungs. Your risk for breathing problems will also decrease.

**Watch Your Alcohol Consumption**

The holidays open us up for increased alcohol consumption. Keep track of how much you drink. Men should have no more than two drinks per day, and women, no more than one. Drinking too much alcohol can stress your liver and increase your risk for some cancers such as throat, liver, or pancreas cancer. Alcohol consumption can also lead to increased risk of depression.

DrinkControl is a free app to track your alcohol consumption and will let you know when you are going over your limit.

**Schedule An Appointment for Your Routine Exams**

If it's been more than a year since you have had a routine physical, eye exam, or dental exam, contact your doctor to schedule an appointment. Your health plan covers routine exams in full! Make sure you talk to your doctor about any other screening exams you need such as mammograms, colonoscopies, PAP Smears, and PSA testing. Take the time to write out a list of questions for your doctor, and don't leave the appointment without getting the answers. Your good health matters! Early detection of troublesome issues is the key to a long and health life.

**Here's to you in 2022! We wish you and yours a happy, healthy New Year!**