

ActiveYou

ActiveHealth® Management: Tips for well-being
July 2019



Get your goal on

When we try to improve ourselves it's helpful to set goals.

Two types of goals can help you out in your health journey.

Long-term goals

A long-term goal isn't something you can do all at once. It's a goal that inspires you and shows you how far you've come. When you reach your goal, keep things fresh by setting new goals.

Don't forget to write down your goals. They may change, but you'll want a record. Writing them down is a great way to start, or continue your plan to improve your health.

Short-term goals

Short-term goals help you accomplish your long-term goals. They keep you going day to day.

For a physical activity goal, you could start using the stairs at work, or take one ten-minute walk and build up to walking three times a week. Short-term goals should be easy to do and will grow as you make progress.

Be more active

It's tough to decide to get fit *and* keep working toward that goal. Here are some tips to help you out.

1. If you don't have time, try shorter periods of activity spread throughout the day, like a few 10-minute walks.
2. If you're worried about the cost, work out at home. Also, take the stairs instead of the elevator and park your car a bit farther away.
3. Take a class that you've always wanted to. Try tap, salsa or Bollywood dancing. If you're shy, how about an online exercise class at home?



Upcoming events

Wellness Webinar Series

Go For Your Goals

July 16, 2019

9:00 am, 11:30 am and 3:30 pm CT

<http://go.activehealth.com/wellness-webinars>

Lemon Spinach



This leafy green packs flavor and nutrition into every bite. Just add a bit of lemon juice to this rich source of vitamins A and C and iron.

Ingredients

- 1 bunch spinach (1 pound, fresh)
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice

Instructions

1. Wash the spinach. Trim off the stems.
2. Put the spinach, black pepper, and lemon juice in a pan.
3. Cook over medium heat. Let the spinach boil for about 3 minutes, until just tender.

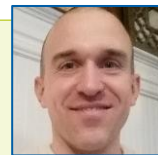
Makes 4 servings. Only 25 calories per serving!

Source: Healthy Eating on a Budget Cookbook. Retrieved June 19, 2019 from: <https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/HealthyEatingonaBudgetCookbook.pdf>



Coach's corner

Meet Coach Jim. He's a Registered Dietitian and a Certified Personal Trainer through the National Academy of Sports Medicine. Jim enjoys assisting others as they take strides to achieve their health and wellbeing goals.



Jim's mid-year tips:

Now we're halfway through 2019. If you set a New Year's resolution a few months back, you may temporarily be hitting pause to gauge progress with any health and wellbeing goals.

As think about how you're doing, consider these ideas:

- 1) Children don't learn how to walk starting with their very first step. They fall...a lot! They're persistent and they succeed, eventually.
- 2) We often learn more from our slips than we do our successes. Take the opportunity to analyze your slips and become better off as a result.

Check out MyActiveHealth

MyActiveHealth.com/Mississippi is a digital gateway to help you manage your health and well-being. Best of all, it's designed around you. You choose your goals, and you set the pace. And, it's easy and fun to use.

You'll find many items, such as a health assessment, online learning tools, healthy recipes, and more.

Sign up or visit myactivehealth.com/Mississippi today.

