

Healthy tips for a healthier you



30 tips

Looking for ways to get healthier? Here are 30 of them. Whether you want to lose a few pounds, get a better night's sleep, manage your stress or anything in between, these health tips will help you get started.

HEALTHY EATING

- 1. Choose good fats.** Stick to monounsaturated and polyunsaturated fats like olives, avocados, nuts, fish and olive oil. They may be fats, but they're actually good for you.
- 2. Go nuts.** Grab a handful of pistachios, walnuts or almonds. They're rich in good fats, fiber, folic acid and other healthy stuff you need.
- 3. H2Oh!** Make today the day you start drinking all the water you need. That adds up to about seven or eight glasses a day. So grab that water bottle and fill 'er up.
- 4. Get probiotic.** Start your morning with a yogurt or probiotic drink. The live bacteria helps aid digestion and keep the bacteria in your stomach in balance.
- 5. Stick to 2300mg.** Of sodium, that is. It adds up fast, so watch out for packaged foods that are high in it. Also, beware of code names for sodium, like "sodium chloride."
- 6. Crave more chocolate.** Dark chocolate with cocoa contains flavonols that may help reduce risk factors for heart disease. So indulge in about 3.5 ounces a day of dark chocolate (with cocoa content of at least 70%) and enjoy your special treat.

GO YOUSM



EXERCISE

7. **Step to it.** You'd better get a move on if you're going to walk the recommended five miles each day. Use a pedometer to track five miles worth of steps – all 10,000 of them.
8. **Do things differently.** Walk on a new route to the bus stop, to work or the grocery store. You'll get exercise and stimulate your mind by seeing interesting new things.
9. **Take a break.** After one hour at the computer, do five minutes of brisk exercise – like fast walking, stair running or jumping jacks. (You may want to find an office or conference room for that last one.)
10. **Take a hike.** Did you know walkers live longer? Get a group of friends together for a long walk or a hike. It's good for your heart, lungs and mental health.
11. **Desk-ercise.** Lift your right arm over your head and bring your hand down behind your back. Stretch your left hand behind your back, palm up, and try to meet your fingertips. Ahhhhh.
12. **Walk it out.** Take the stairs instead of the elevator. Walk over to a co-worker rather than emailing them. These may seem like little things, but they're easy to do and the extra steps add up quickly.

STRESS MANAGEMENT

13. **Smile.** It may sound silly, but people respond more positively to you if you give 'em a big grin. And, happiness can boost your immune system, which helps prevent infection.¹
14. **Be kind.** Take a friend to the movies or surprise a loved one with flowers. Research shows that being nice to others actually boosts your happiness. How nice is that?²
15. **Phone it in.** Pick up the phone and call someone you haven't spoken to in awhile. It'll make you feel good. And, it'll put an end to those "I need to call so-and-so" thoughts in the back of your mind.
16. **Escape.** Wish you were somewhere else? Close your eyes and pretend. Just five minutes of visualizing yourself swinging in a hammock on a sandy beach can help relax you.
17. **Rub it in.** Getting a massage with aromatherapy oils is beneficial for your well-being. So ask a loved one or close friend to rub your shoulders. If you're feeling good, you might even return the favor.
18. **Ask for help.** If you have a lot on your to-do list, figure out what you can delegate. The more things you can hand off to other people, the more things you'll be able to cross off your list.

Happiness can boost your immune system, which helps prevent infection.¹



WEIGHT LOSS

- 19. Sign a contract.** Write down how much weight you want to lose and by when. Make it realistic – like a pound per week. Also, jot down exactly how you’ll change your eating and exercise habits.
- 20. Keep track.** Keeping a food diary keeps you accountable for everything you eat – from that extra slice of cheese on your sandwich to the slice of cake at the office party.
- 21. Remind yourself.** Write down the reasons why you want to lose weight – to prevent heart disease, set a good example for your kids, or fit into your skinny jeans. Post it on your refrigerator as a constant reminder.
- 22. Keep score.** Set small goals for yourself, like losing five pounds, drinking eight glasses of water a day or giving up dessert for a week. Reward yourself with a non-food treat when you reach each goal.
- 23. Get active.** Try joining a basketball league or signing up for a belly-dancing class. It’s fun and it’s a great way to tone your body.
- 24. Share the snacks.** Want to get leftover snacks out of your kitchen? Do your waistline a favor and bring them over to a neighbor’s house to share.



SLEEP

- 25. Stick to a schedule.** Go to bed and wake up at the same time every day. It helps put your body into a healthy rhythm and gets your biological clock on schedule.
- 26. Be empty-headed.** Got a lot on your mind? Get it out. Keep a notebook by your bed and jot down your worries before bedtime. Research shows clearing your mind before bed can lead to a better night’s sleep.
- 27. Cut out caffeine.** Just say no to coffee, tea or soda for an entire day. You can still say yes to herbal tea or hot water with lemon. Cutting caffeine may help you rest easier when it’s time for bed.
- 28. Just say no.** Don’t exercise late in the day. Avoid late-night dinners. And try not to drink anything too close to bedtime. If you don’t, these things can keep you wide awake when you want to be fast asleep.
- 29. Set the mood.** Make your bedroom the ideal spot for snoozing. Quiet any loud noises, dim the lights and make up a comfortable bed. Feeling brave? Try moving your TV and computer out of your bedroom.
- 30. Rise and shine.** Now that you’re well-rested, set your alarm clock 30 minutes earlier than normal. And move it across the room so you have to get up to turn it off. Use the extra time to stretch, read the paper or exercise.

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