



HealthAdvocate™

member  
newsletter

## Maintain Your Exercise Momentum

If, like many people, you set a resolution to step up your exercise this year, you may have been gung-ho to keep at it for several weeks following New Year's. But as you start meeting your goals and reaching a plateau in your progress, your motivation may be beginning to wane. Read on to find tips to stay on pace with your fitness goals year-round.

[Find out more >>](#)

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## Get Your Plate in Shape

While healthy eating is often considered complicated or challenging, it is actually very simple! If you're not doing so already, it's a great time to start thinking about what foods go on your plate and whether your meals are comprised of foods from all the major food groups. Read on to learn tips to help you get started on your path toward better eating habits!

[Learn how >>](#)



## Be Resilient to Overcome Resistance to Change

Change is inevitable, comes in many forms and usually means facing the unknown. It can trigger fear, stress, and even panic over the loss of control. Most of us have a natural resistance to change. Read on to learn about strategies that can help you navigate change with less stress and successfully come out the other side.

[Read now >>](#)



### National Nutrition Month

Read: Learn how to plan healthy meals and create healthier eating habits for you and your family from the Centers for Disease Control and Prevention.

[Click here >>](#)



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### 24/7 Support

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