

# HealthAdvocate<sup>SM</sup> Member Newsletter

## Shape Up for Summer with These Healthy Tips



Summer is just around the corner! Are you ready? Try these tips to help you get in shape for the warmer months ahead!

- **Start walking!** It is a great low-impact aerobic exercise.
- **Develop an exercise routine.** Pick an activity and get to it!
- **Watch what you eat.** The warmer months make it easy to skip meals and substitute snacks.
- **Eat more fruits and veggies.** They're low in calories, high in fiber and full of nutrients.
- **Set goals to get motivated.** Do you want to lose 5 pounds before summer? Fit into your favorite shorts?

Determine what you'd like to achieve and what healthy changes you need to make to get there.

## Control Your Risks for Chronic Diseases

45% of Americans have at least one chronic condition like diabetes, heart disease, COPD or asthma. These diseases are often preventable, and frequently manageable, through early detection, improved diet, exercise, quitting tobacco and treatment therapy (medication). Many chronic diseases are attributed to the following list of key risk factors. Most U.S. adults have more than one of these risk factors:

- **High blood pressure**
- **Tobacco use and/or exposure to secondhand smoke;** excessive alcohol use
- **Obesity (high body mass index);** physical inactivity
- **Diets low in fruits and vegetables;** diets high in sodium and saturated fats

(Source: CDC.gov)

There are some risk factors for chronic diseases you may not be able to control, like your family history, race and age. So be sure to talk to your doctor about possible chronic diseases you may be at risk of developing, and be proactive about lowering your risks, or better managing your chronic conditions.



## Defeat Depression Before It Starts – Know the Signs



It's normal to feel down when you're going through a rough patch. But if sadness and despair don't go away or interfere with your ability to function, you may have depression – a condition that can be treated, usually with therapy and/or medications. The earlier you get help, the better. Here are the signs to watch for, which can vary from person to person:

- **Persistent feelings of sadness**, hopelessness and pessimism
- **An unexplained loss of appetite**, or compulsive overeating
- **Sleeping too little** or too much
- **Marked, continuing restlessness** and irritability
- **A gradual loss of interest in activities** that used to provide enjoyment
- **Increased difficulty in concentrating**, remembering and decision-making

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