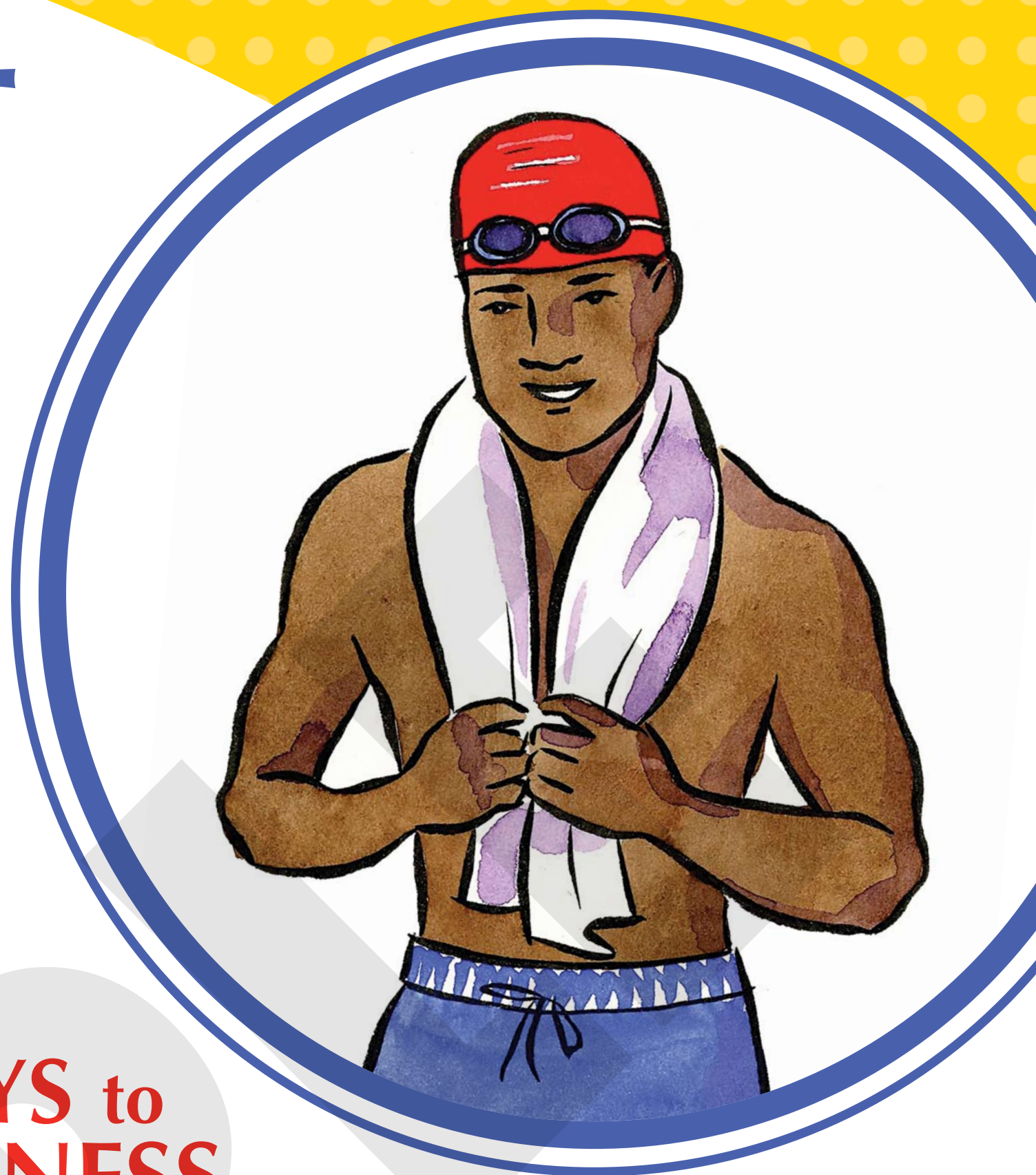


ALL ABOUT WELLNESS

Wellness is about feeling your best in all areas of your life — physical, mental and spiritual. When you're well, your life is in balance. You feel focused and relaxed, ready to take on the day's challenges. You have energy to do the things you want to do and energy to spare. Taking steps to feel fit, healthy and well isn't always easy, but it also isn't difficult. Just take it one step at a time.



NOURISH YOUR ...

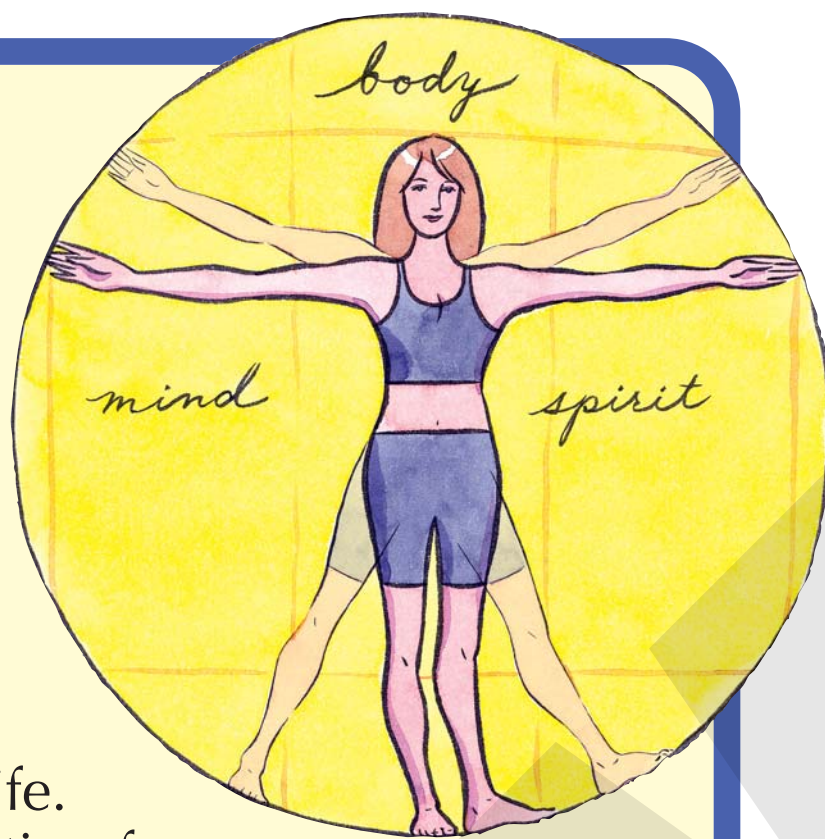
BODY focus on nutrition and fitness

This includes a balanced diet and making physical activity a way of life.

Get the most nutrition from the calories you consume. **Eat more** fruits, vegetables and whole grains. **Eat less** fatty meats, saturated fat and added sweeteners. Exercise most days (get your health care provider's OK first).

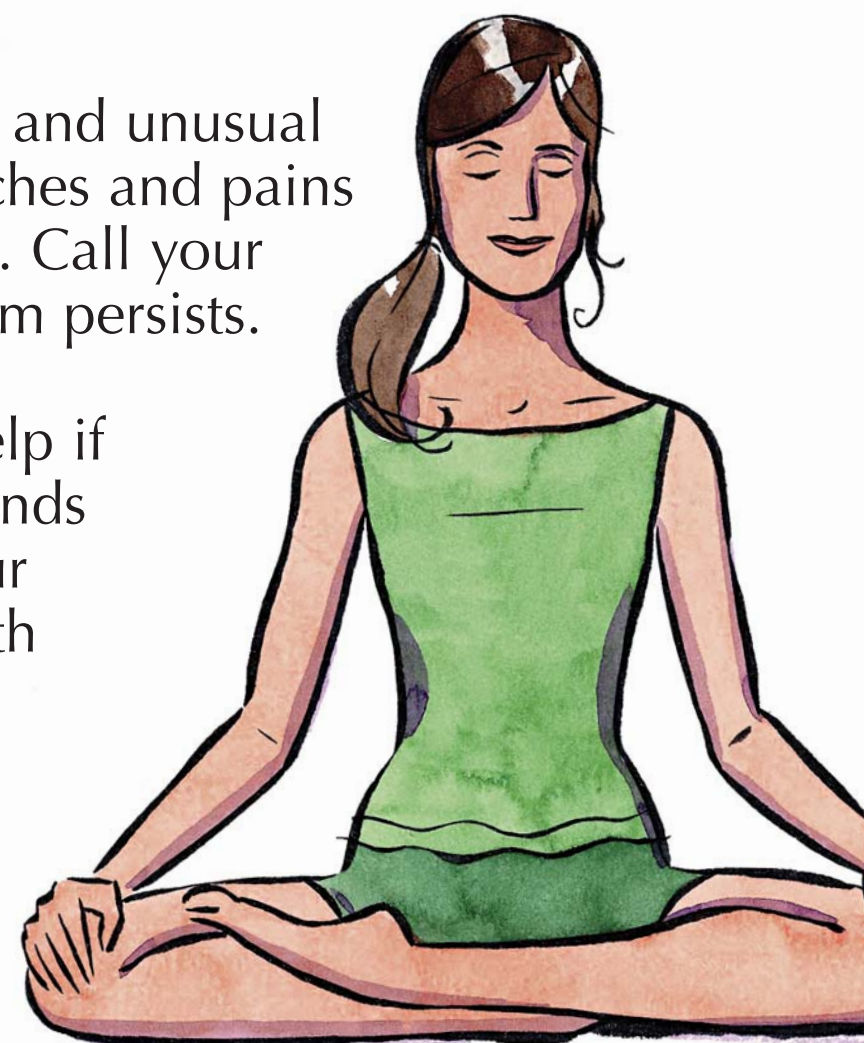
MIND manage stress Today's fast-paced world means you are under constant pressure. But too much stress can take a toll on your health. **Relax more:** Try meditation, yoga or just 20 minutes of quiet time daily. Before getting worked up over stressful situations, ask yourself, is this really worth being upset over?

SPIRIT nurture your social and emotional well-being Build healthy relationships and engage in meaningful activities. Find purpose in life. Make time for friends or join groups where you can meet others with similar interests.



8 WAYS to WELLNESS

- 1 Get your body moving.** Even if you've been sedentary, there's an exercise plan for you — and the more you stick to it, the easier it gets. Hide the TV remote ... use stairs ... walk your shortest errands ... dig into chores. Watch your strength, flexibility and agility increase.
- 2 Stay safe.** Keep clear of physical harm. Wear personal protective gear such as goggles when needed ... don't lift beyond your limit ... take scheduled breaks ... don't take shortcuts.
- 3 Get enough rest.** Getting 7-9 hours of sleep daily keeps you alert, energized and more resistant to stress and illness.
- 4 Don't smoke.** Smoking is one of the greatest preventable threats to health and wellness. If you smoke, talk to your health care provider about the many cessation aids available.
- 5 Avoid alcohol abuse.** Too much alcohol is linked to liver and heart damage, as well as other health issues. Experts say no more than two beverages a day for men, one a day for women. And if you don't drink, don't start for any potential health reasons.
- 6 Listen to your body.** New and unusual symptoms or unexplained aches and pains may be signs of a serious problem. Call your health care provider if the symptom persists.
- 7 Don't go it alone.** Get help if your body, mind or spirit sends warning signals. Consult with your health care provider, mental health professional or clergy member.
- 8 Be good to yourself.** Everyone deserves to feel great. Strive for wellness every day and enjoy a longer, healthier, happier life.



Take a Proactive Approach to Your Health Needs

Your relationship with your health care provider is a partnership. Prepare for office visits by writing down questions ahead of time. Learn more about your family health history, and get the checkups recommended for your age and health condition. If you have a chronic condition, closely follow your provider's treatment plan.