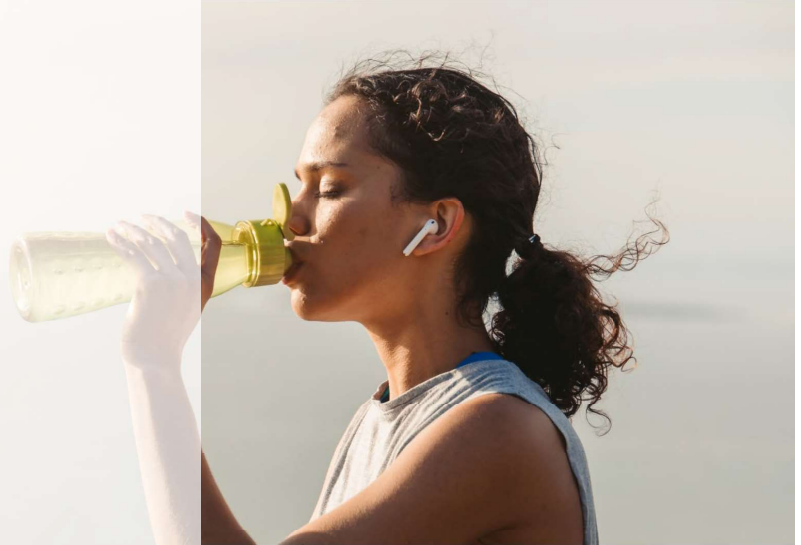


# Lifestyle habits for better health



## Simple habits for healthy living

Healthy habits are a great way to help maintain good health. With Health Pro Connection and your Health Pro you have resources to help you research and find in-network care providers, confirm your health benefits, and schedule appointments.

Here are four simple ideas you can incorporate into your routine, even when life has other plans.

**1**

### **Control your portions**

Portion control is a great strategy to track consumption and help keep weight in check—at home or when dining out. To eat only what you need, try to eat at regular times, portion snacks in a bowl, use smaller plates, order half-portion entrées or share, and ask for a to-go box.

**2**

### **Get moving**

If you find keeping an exercise routine challenging, try scheduling physical activity into your daily schedule. Find activities that fit your lifestyle in the four main categories: aerobic and endurance; strength training; stretching; and balance.

**3**

### **Sleep well**

The amount of sleep you need changes throughout your life. Sleep guidelines recommend 7 to 8 hours for adults, 8 to 10 hours for teens ages 13–18, and 9 to 12 hours for children ages 6–12. Set a sleep schedule to allow your body and mind to rest, and wake refreshed and recharged.

**4**

### **Reduce stress by leveraging your resources**

Managing your stress improves your physical and mental health. Delegating tasks is one way to lighten your load. Reach out to a Health Pro to untangle complex health care billing issues or schedule a doctor's appointment that fits with your schedule.



## Get started today!

Scan to download the **Alight Mobile app**.

Select **Health Pro Connection** to get started or call **1.800.513.1667**.