



THE POWER OF LIFESTYLE CHOICES FOR BETTER HEALTH AND WELLBEING

“An ounce of prevention is worth a pound of cure.”

-Benjamin Franklin



WHAT IS CHRONIC DISEASE?

Chronic diseases are ongoing illnesses or conditions, such as heart disease, asthma, cancer, and diabetes. They are often preventable, and frequently manageable through early detection, improved diet, and treatment.



CHRONIC DISEASE STATISTICS

- Chronic diseases are the leading cause of death and disability in the United States.
- Heart disease, stroke, cancer, diabetes, obesity, and arthritis are among the most common, costly, and preventable of all health problems. (CDC)



CHRONIC DISEASE STATISTICS

- As of 2012, about half of all adults – 117 million people – had *one or more* chronic health conditions. One of four adults had *two or more* chronic health conditions.
- Seven of the top 10 causes of death in 2010 in the US were chronic diseases. Two of these chronic diseases – heart disease and cancer – together accounted for nearly *48% of all deaths*.
- Eighty-six percent of all health care spending in 2010 was for people with one or more chronic medical conditions.



TIP #1 KNOW WHERE YOU STAND

- Get a health screening
- Gauge your girth
- Keep a food diary for a day or longer
- Estimate your current activity levels
- Assess your social connections



TIP #2 TAP INTO THE POWER OF FOOD

- Eat a hearty breakfast
- Kick the sugar habit
- Learn to cook
- Use water as your default beverage
- Take mindful bites
- Live like a Mediterranean



MEDITERRANEAN DIET

Make plant-based foods the bulk of your diet:

- Fruits, vegetables, whole grains, legumes, and nuts
- Replace butter with healthy fats, such as olive oil
- Use herbs and spices instead of salt to flavor foods
- Limit red meat to no more than a few times a month
- Eat fish and poultry at least twice a week
- Drink red wine in moderation



TIP #3 LEARN TO MOVE

- Start with small increments
- Set a weekly goal
- Keep track
- Work it into your day
- Make it FUN!



TIP #4 CREATE BALANCE

- Identify areas of stress
- Develop positive coping
- Volunteer
- Keep a gratitude journal
- Breathe!
- Reach out for help when needed



TIP #5 PRIORITIZE SLEEP

- Set a regular schedule
- Power down electronics
- Assess your bedroom
- Avoid eating 2-3 hours before bedtime
- Don't ignore sleep problems



TIP #6 GO TOBACCO-FREE

- It's never too late to quit
- Chances for a healthy life improve almost immediately after quitting

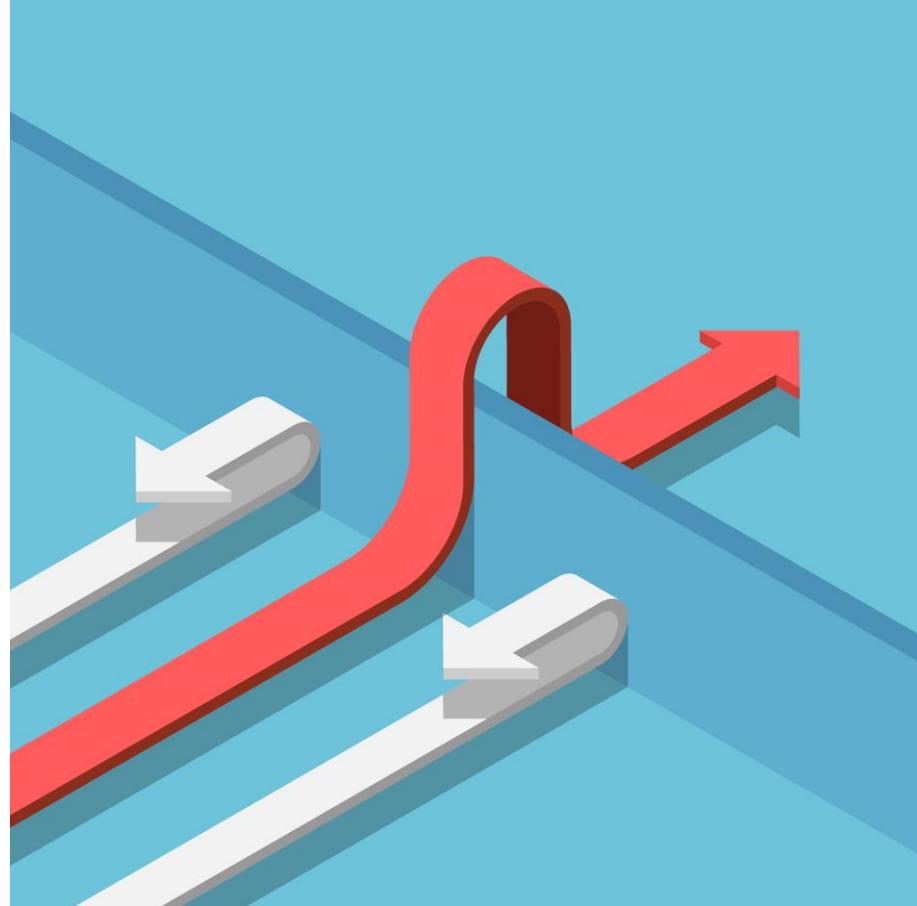


NEXT STEPS

- Make a specific plan that will stick
- Start small
- Change one behavior at a time
- Partner up with a friend
- Seek support



It's up
to YOU!



Support



WEB

click the green support button on the right side of your home page



EMAIL

tclw.support@virginpulse.com



PHONE

833-977-2074

RESOURCES

- <http://www.cdc.gov/chronicdisease/overview/#ref2>
- <https://healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-screened>
- <http://www.webmd.com/diet/obesity/can-food-diary-help-you-lose-weight>
- http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/StayingMotivatedforFitness/Identifying-Your-Fitness-Goals_UCM_462202_Article.jsp#.VrgHY8fWtXs
- <http://www.cdc.gov/healthyweight/assessing/>
- <https://bewell.stanford.edu/features/social-ties-good-health>
- <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>
- <http://www.webmd.com/diet/6-reasons-to-drink-water?page=2>



RESOURCES, CONT.

- <http://www.health.harvard.edu/blog/eating-too-much-added-sugar-increases-the-risk-of-dying-with-heart-disease-201402067021>
- <http://www.webmd.com/food-recipes/health-effects-of-sugar?page=2>
- <http://www.webmd.com/diet/many-benefits-breakfast?page=3>
- <http://www.health.harvard.edu/healthbeat/mindful-eating-may-help-with-weight-loss>
- <http://www.webmd.com/food-recipes/healthy-cooking-tricks>
- <http://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/sitting/faq-20058005>
- <http://www.health.harvard.edu/blog/volunteering-may-be-good-for-body-and-mind-201306266428>
- <http://www.webmd.com/women/features/gratitude-health-boost?page=3>
- <https://www.nia.nih.gov/health/publication/smoking>





THANK YOU