

Say Hello

to a healthier you.



EAP Welcome to your Health & Wellness Services

Enjoy a new healthy outlook by making changes to your diet, exercising and incorporating positive lifestyle choices. Becoming healthy may lead to a longer, happier life that you can enjoy to the fullest! Consider making small changes incrementally.

Exercise Regularly

Incorporate exercise into your daily routine. The Dept. of Health & Human Services recommends 150-300 minutes per week of exercise for adults. Children from ages 6 - 17 should have 60 minutes of activity daily. Be sure to check with your health care provider before beginning an exercise program. A balanced exercise program includes:

- Aerobic exercise
- Flexibility exercise
- Weight or resistance training

Adopt Healthy Habits

- Stop or don't start smoking.
- Reduce alcohol consumption, if at all.
- Schedule regular medical checkups.
- Wear sunscreen.
- Utilize stress and anger reducing methods (deep breathing, mindfulness, meditation.)

Eat Healthy

Change your diet to include:

- Lean meats such as poultry, fish and chicken
- Limit saturated fats, sodium and added sugars
- Include high protein foods such as beans, eggs & nuts
- Increase consumption of vegetables and fruits (ideally 5 servings per day)
- Whole grains and low fat dairy products

Reach out to learn more.