

Employer wellness newsletter



The end of the year is typically a busy time full of holiday celebrations, good food, and extra time with loved ones. With the flurry of activity, it's not uncommon for healthy habits to be thrown off track. The following ideas can help you maintain a healthy lifestyle and enjoy the season to the fullest.

Find creative ways to stay active

Even during the holidays, it's important to get the recommended 150 minutes of exercise each week.¹ In addition to helping you maintain a healthy weight, moving your body can also help lessen any holiday stress and improve your sleep quality. Try these ideas to boost your heart rate this winter:²

- Try out seasonal activities like sledding or skating. If you're in a warmer area, try a hike or a bike ride.
- Break up your day with three, 10-minute walks for some fresh air and sunshine.
- Plan a family trip to the bowling alley or an indoor trampoline park.
- Take the stairs instead of the elevator or park further away when you go to the store.

Master healthy holiday eating

Maintaining a balanced diet, especially during the holidays, can be difficult. It's easy to overdo it when so many holiday and winter traditions involve delicious food and drinks. Try these healthy eating tips to stay on track while still enjoying the tastes of the season:³

- Bring a fruit spread, vegetable tray, or another healthy snack to a party so you always have options.
- Eat a light snack before you head out for a party to avoid overeating.
- Prioritize your favorite holiday treats and only indulge on the foods you really love.
- Try not to 'drink' your calories. Drink plenty of water instead to stay hydrated and help with digestion.

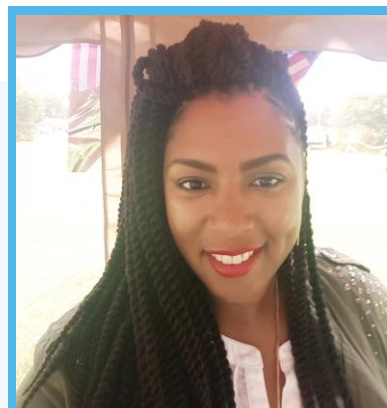
A healthier holiday is a happier one. With a little planning, you can feel your best this season.



Consultant's corner

Our bodies are designed to handle stress in ways that protect us from predators and other sudden (or acute) aggressors. However, modern day living is stressful with a constant barrage of demands – excessive projects, multiple social events, paying bills, taking care of family/friends, making time for self-care, etc. So many demands over long spans of time can put our stress reflexes on high alert. The long-term activation of the stress-response system and the overexposure to cortisol and other stress hormones that follows can disrupt almost all your body's processes. This puts you at increased risk of many health problems, including: anxiety, depression, heart disease, sleep problems, weight gain, and memory and concentration impairment.

Stressful events are facts of life. And you may not be able to change your current situation. But you can take steps to manage the impact these events have on you. Two resources are Live Health Online Psychology and Emotional Well-being Resources via Sydney Health. Talk to a licensed psychologist, find articles on how to reduce stress, and locate additional resources all through the Sydney Health app. Reach out to your Anthem Account Manager or Well-being Consultant today for more information on how to promote these useful, convenient tools.



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A healthy tip for your employees

Talking about your feelings effectively can give you relief and help you build better relationships – both of which are good for your emotional and mental well-being. To learn more about mental health, visit [cdc.gov/mentalhealth](https://www.cdc.gov/mentalhealth).



Health and wellness calendar

Anthem's health and wellness calendar helps you engage your employees and keep them informed about health topics and resources.

You can download the [health and wellness](#) calendar today.

Check with your Anthem representative to see if any of the programs mentioned in this e-newsletter are available to you.

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