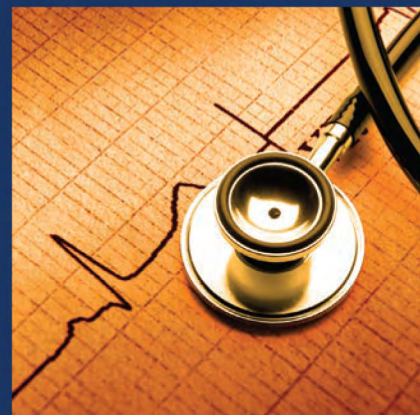




# Healthy Habits

## HEALTHY YOU

*A Diabetes and Heart Disease Prevention Program*



You have the power to improve your health and prevent serious disease. Start today by making small changes in your eating and exercise habits. The *Healthy Habits Healthy You* program can help you make healthy lifestyle choices to help prevent diabetes and heart disease.

**Diabetes is a serious disease in which blood sugar levels are above normal.**

- Type 2 diabetes is more common in people who are overweight
- Over age 45
- Before people develop type 2 diabetes they usually have “pre-diabetes”.

**Pre-diabetes means blood sugar levels are not high enough to be called diabetes. People with pre-diabetes can develop type 2 diabetes and are more likely to have heart disease.**

**Heart disease happens when the arteries that supply blood to the heart become narrowed or blocked with plaque.**

- Plaque is made up of cholesterol and blood cells.
- Arteries blocked with plaque can lead to a heart attack or stroke.
- High cholesterol, smoking, high blood pressure, and diabetes can lead to plaque build-up.

The *Healthy Habits Healthy You* program can help you learn ways to make small changes in your eating and exercise habits and create ways to relax and get more sleep. **This program is not a substitute for medical care.**

The *Healthy Habits Healthy You* workbook can guide you to set your personal health goals. You decide the habits you want to change, like eating healthier or increasing activity. After reading in the workbook, fill in your new healthy habit at the bottom of the page. The workbook has tips on how to take small steps to make this change. Add a few changes every week until you reach your goal.



**Start making healthier  
habits to make a healthier you...**

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# INTRODUCTION

**Have you been told that you are at risk for developing diabetes or heart disease?**

**Studies have shown that you can prevent or delay type 2 diabetes and heart disease by:**

-  Eating a healthy diet
-  Losing weight
-  Increasing physical activity
-  Reducing stress
-  Do not use tobacco



For more information, please visit our ***Prevention and Wellness*** pages at ***optimahealth.com/mylifemyplan.***

The ***Healthy Habits, Healthy You*** program can help you learn ways to decrease your risks for type 2 diabetes and heart disease.





# BODY WEIGHT

## It's important to lower your body weight



As little as a 5% weight loss can reduce many of your health risks. This means that if you weigh 200 lbs, losing 10 lbs. can help prevent diabetes and heart disease.

- The best way to lose weight is to eat fewer calories and exercise more.
- Don't gain any more weight.
- Set a goal to maintain a healthy weight for life. Try to lose 10 – 20 pounds over a 12 month period and continue to lose weight over a period of 2 to 3 years until you reach your healthy weight goal.
- Avoid fad diets that claim quick weight loss that do not include a balanced variety of nutritious foods.
- Up to 60 to 90 minutes daily of physical activity may be needed for weight loss.

*\*Registered dietitians (R.D.) are nutrition experts who can help you with your weight loss plan. Visit [eatright.org](http://eatright.org) to locate a R.D. in your area. Contact your insurance provider for coverage of services.*



**Remember losing a small amount of weight can make a big difference in improving your health.**

**My Healthy Habit Goal is**

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# HEALTHY DIET

## A Healthy Diet includes:

-  A variety of colorful vegetables, fruits and beans.
-  Lean meats such as chicken without skin, turkey, fish and seafood.
-  Foods low in fat, sugar and sodium.
-  Very few highly processed and packaged foods.
-  Whole grains like oatmeal, brown rice and whole wheat.
-  Three servings of low fat dairy products or soy beverages with added calcium.
-  To learn more about healthy eating, request the *Eating for Life* program from [wellnessforme.com](http://wellnessforme.com).



**Eat colorful vegetables and fruits everyday.**



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# HEALTHY PLATE

## It's Easy to Create a Healthy Plate

Create a plate that includes a rainbow of colors from vegetables and fruits.

Eat at least 2 cups of vegetables per day, include green leafy vegetables.

Eat at least 1 ½ cups of fruit a day.

Eat red meat fewer than three times a week.

Add fish or seafood at least two times per week.

Choose nuts and beans as a meat substitute.

Include one or more meatless meals a week.

Choose fat-free or low fat dairy products.

Grill, bake or broil foods.

Use vegetable oils such as canola and olive oils instead of butter or shortening.



**It's simple to include healthy foods on a daily basis.**

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# WEIGHT LOSS TIPS

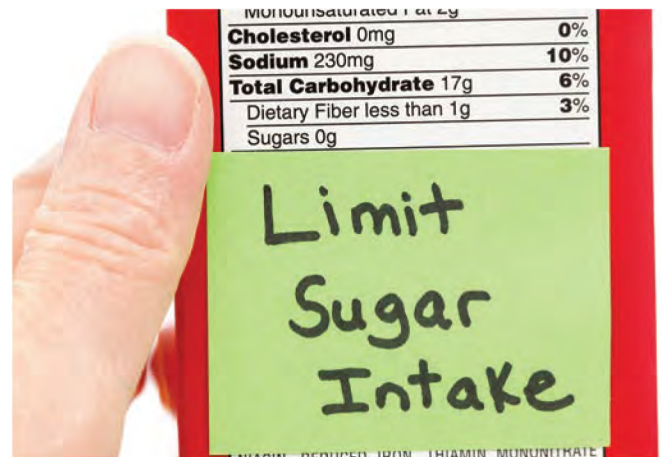
**1. Portion control matters. Order a child's size meal when eating away from home, skip the french fries and stick with calorie-free beverages.**



**2. Think about your drink. Select water and lower calorie versions of your favorite drink.**

- ⇒ Switch from bottled sweetened tea from the vending machine to water to lose weight.
- ⇒ At the coffee shop order fat-free milk, skip flavoring syrups and whipped cream.
- ⇒ In just 2 weeks you can lose a pound of body weight by drinking a non-calorie diet drink instead of a sweetened 20 ounce soda. It will add up to 10 pounds after 5 months of switching one drink a day.

**3. Avoid added sugars.**



# MEAL PLANNING

## Plan Meals Ahead

Don't skip meals.

Take a few minutes at the beginning of each week to plan what you are going to eat every day.

Shop from your grocery list.

Choose fewer canned and packaged meals and snacks.

Frozen vegetables and fruits are good foods to include on your grocery list.

Check with your local grocer for grocery store tours and food demonstrations.

Check local newspaper listing for food bargains.

**Make sure you take a few minutes to think about what you plan to eat each week.**

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# Quick Tips

When grocery shopping, spend more time in the outer aisles of the store where fresh foods are found. Spend less time in the middle aisles where packaged foods, snacks and soft drinks are found.

Sauces and gravies included in frozen foods can be unhealthy because of the high fat and salt content.

Fill up a bowl with fruit for a "Grab and Go" snack.

Cook in large batches and freeze for another nutritious and quick meal. Save money and eat healthier by preparing your meals at home.

*I can do it!!!*



**Remember to prepare more meals at home to save both time and money.**

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# SUGAR

## Major Sources of Added Sugars

Added sugars from the following foods will increase calories that can lead to weight gain.

- Soft drinks, sweetened teas
- Cakes, cookies, pies
- Fruit punch and lemonade
- Ice cream
- Candy



## Sugar Sweetened Beverages

- Decrease or avoid sugar sweetened beverages including soft drinks and sugar sweetened fruit drinks. Drink more water instead of sweetened beverages.
- Be aware of energy drinks which frequently contain concentrated amounts of both caffeine and sugar.
- If you drink alcoholic beverages, have only a moderate amount of one drink a day for women and two drinks a day for men.
- Check with your physician about how your health may be affected by drinking alcohol.



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# FATS

## Avoid High Fat Foods

Fatty Foods contribute to excess calories and can raise your risk for heart disease and diabetes.

High fat foods include:

-  Fried foods
-  Fatty meats such as cold cuts, hot dogs, and hamburgers.
-  Whole milk dairy products such as cheese and ice cream.
-  Baked goods such as pastries, pies, donuts, and croissants.
-  Fast foods, pizza and chips.

**AVOID**  **AVOID** 





**AVOID**



**AVOID**



**AVOID**



**AVOID**



**AVOID**  **AVOID**  **AVOID**  **AVOID**  **AVOID** 



**Choose lower fat versions  
of your favorite snacks  
and foods.**

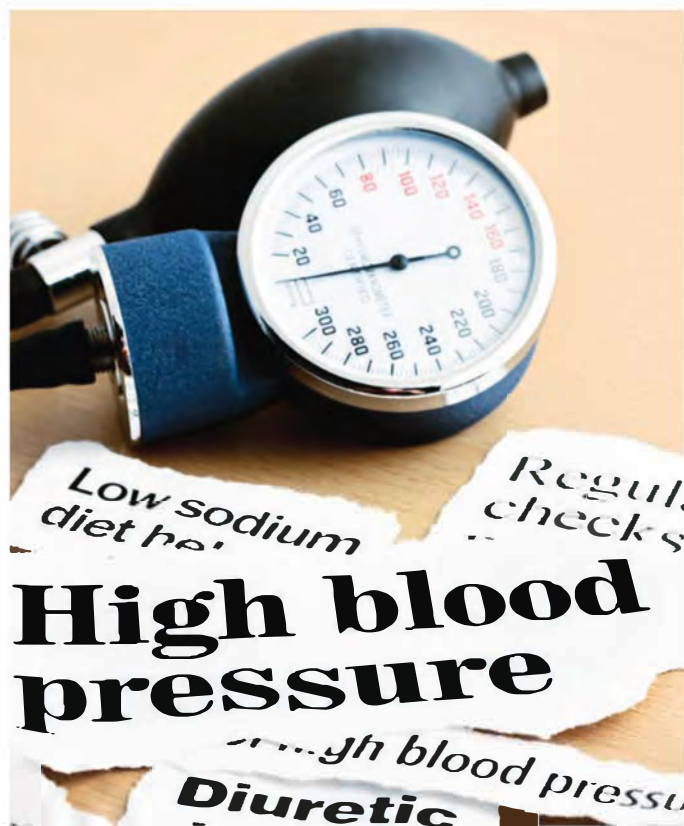
**My Healthy Habit Goal is**

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# SODIUM



## **Reduce elevated blood pressure by limiting your sodium intake.**

77% of American's sodium intake comes from packaged and restaurant foods.

Many packaged and processed foods contain salt and sodium that is unnecessary for most of us.

Fruits, vegetables, whole grains and fresh meats are naturally lower in sodium and are rich in healthy nutrients.

Do not add salt at the table. Limit intake to 2,300mg of sodium per day.

Make half your plate vegetables and fruits, and aim for at least 8-10 servings a day.

**DASH** (Dietary Approaches to Stop Hypertension) eating plan from the National Institutes of Health has been shown to reduce blood pressure. It is an eating plan that emphasizes fruits, vegetables, low-fat milk products, whole grains, fish, poultry, and nuts. Learn more about DASH at [www.nhlbi.nih.gov/files/docs/public/heart/new\\_dash.pdf](http://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf).

**Try low sodium herbs and spices to flavor foods, put away the salt shaker.**



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# SODIUM

## Major Sources of Salt and Sodium

### Food types with the most sodium include:

Cold cuts and cured meats such as deli or packaged ham or turkey

Pizza

Processed poultry

Canned soups

Sandwiches such as hot dogs, hamburgers and submarine sandwiches

Cheese ( natural and processed)

Mixed pasta dishes such as lasagna, spaghetti with meat sauce and pasta salad)

Mixed meat dishes such as meat loaf with tomato sauce, beef stew and chili

Snacks such as chips, pretzels, popcorn and crackers

Condiments like ketchup, mustard and soy sauce.



**Higher sodium foods should be eaten in small amounts.**

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# READ FOOD LABELS

Nutrition Facts	
17 servings per container	
<b>Serving size</b>	<b>3/4 cup (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Fluoride</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Soluble Fiber <1g	
Insoluble Fiber 1g	
Total Sugars 9g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 9g	<b>18%</b>
Vitamin D 2mcg (80 IU)	10%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 115mg	2%
Vitamin A 90mcg	10%
Vitamin C 9mg	10%
Thiamin 0.3mg	25%
Riboflavin 0.3mg	25%
Niacin 4mg	25%
Vitamin B <sub>6</sub> 0.4mg	25%
Folate 200mcg DFE (120mcg folic acid)	50%
Vitamin B <sub>12</sub> 0.6mcg	25%
Phosphorus 100mg	8%
Magnesium 25mg	6%
Zinc 3mg	25%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Pay attention to the serving size and total servings per container listed. The number of servings you consume will determine the number of calories and nutrients you actually eat.

Choose foods with less than 140 mg of sodium per serving.

Use the Nutrition Facts label to guide you towards building a Healthy Plate.

## Sample Label for Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
<small>% Daily Value*</small>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

1 Serving Size

2 Amount of Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVs)





# PHYSICAL ACTIVITY & EXERCISE

## Move More

Set a gradual goal to increase physical activity to reach 30 minutes most days of the week.  
*\*Up to 60 to 90 minutes daily may be needed for weight loss.*



- An active life must become a part of your daily life.
- Exercise can help control your weight and lower your health risks.
- Drink plenty of water before, during and after exercising.
- Decrease screen time in front of TVs, smart phones, electronic devices, and computers.
- Begin by taking ten-minute walks 2 to 3 times per day.

Do what you enjoy.

Keep track of your steps with the **WalkAbout with Healthy Edge** walking program available from [wellnessforme.com](http://wellnessforme.com).

Exercise wisely and safely.

Consult with your physician before participating in physical activity.

Remember to warm up prior to beginning a workout.

Perform a variety of aerobic exercises at your pace.

Include strength training two to three times a week to build muscle.

Don't overdo. Prevent injuries.

Request Staying Healthy exercise programs such as **Yoga** and **Tai Chi** from [wellnessforme.com](http://wellnessforme.com).



**Each week add a minimum of 30 minutes of activity until you reach your personal activity goal.**

**My Healthy Habit Goal is**










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# PHYSICAL ACTIVITY & EXERCISE

## Quick and low-cost ways to increase your daily movement

-  Park in safe areas, as far away as possible from your destination.
-  Play your favorite music and dance as you do your household chores.
-  Walk in place, up and down the stairs or around the room during commercial breaks while watching TV.
-  Perform resistance exercises while you watch TV such as lifting hand weights or sit-ups.
-  If you sit during most of the day, take a few minutes to walk or stand every hour or two. Long periods of sitting are associated with increased risks for heart disease.
-  While shopping, walk around the store a few extra trips to add steps to your day.
-  While watching football on TV, perform 15 push-up or sit-ups for every touchdown.
-  Do ten jumping jacks each time you hear the word “food” during a TV commercial.
-  Use local courts and city parks. Most communities have public basketball and tennis courts.



# PHYSICAL ACTIVITY & EXERCISE

## CIRCUIT TRAINING

Circuit training includes working with different muscle groups and incorporates both aerobic and resistance training in just a few minutes. Select one exercise from one of the four categories below, Total Body, Lower Body, Upper Body and Core and perform for 30 seconds. Rest for 10 seconds, then select a second exercise from each category and perform each for 30 seconds. Rest again for 10 seconds and select the remaining exercise from each category and perform for 30 seconds. In less than 10 minutes you will have had a total-body workout! Repeat 2 – 3 times for better results.

<p><b>TOTAL BODY</b></p> <p>Jumping Jacks Step-up onto Chair High Knees/Running in Place</p>	<p><b>UPPER BODY</b></p> <p>Push-up Triceps Dip on Chair Push-up and Rotation</p>
<p><b>LOWER BODY</b></p> <p>Wall Sit Squat Lunge</p>	<p><b>CORE</b></p> <p>Abdominal Crunch Plank Side Plank</p>

**Example of circuit training from start to finish and repeat 2-3 times:**

High Knees/Running in Place	Total Body
Lunge	Lower Body
Push-up and Rotation	Upper Body
Side Plank	Core
Step-up onto Chair	Total Body
Squat	Lower Body
Triceps Dip on Chair	Upper Body
Plank	Core
Jumping Jacks	Total Body
Wall Sit	Lower Body
Push-up	Upper Body
Abdominal Crunch	Core

**Circuit training can be an intense workout, check with your health care provider before starting an exercise program.**

Visit [www.cdc.gov/physicalactivity/](http://www.cdc.gov/physicalactivity/) to learn more about these exercises.

# PHYSICAL ACTIVITY & EXERCISE



## **Wall Push-Ups** *(Strengthens Arms, Shoulders and Chest)*

1. Face the wall and stand arms length away from the wall.
  2. Place your palms on the wall with your feet shoulder width apart.
  3. Bend your elbows and lower yourself to the wall. Slowly push yourself off of the wall to return to the starting position.
- 

## **Chair Dips** *(Strengthens Arms and Triceps)*

1. Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
  2. Lean slightly forward; keep your back and shoulders straight.
  3. Grasp arms of chair with your hands next to you.
  4. Use your arms to push your body slowly off the chair.
  5. Hold position and repeat.
- 

## **Chair Twists** *(Flexibility for Neck and Back)*

1. Sit up straight in your chair.
2. Grab the arms of the chair on one side, and turn your head and torso in that direction.
3. Keep your hips facing forward.
4. Alternate sides.

# STRESS REDUCTION

## Relax...Reduce Stress

Stress, both physical and mental, raises blood sugar. During stress our body tries to produce more energy to meet our needs which results in an increase in blood sugar.



- ♥ Stress is something that affects everyone.
- ♥ Avoid stressful situations. Have an action plan to manage stress.
- ♥ Take deep breaths to help reduce tension.
- ♥ Take time to relax and get proper rest.
- ♥ Move more, regular exercise is a natural stress reliever. It helps to improve your mood and gives you more energy.
- ♥ Organize your time. It will allow you to have more time for the activities you enjoy.
- ♥ Be kind to yourself. Let go of past regrets. Think positive.
- ♥ Request Guided Meditation, Yoga or Tai Chi programs from [wellnessforme.com](http://wellnessforme.com).

*Take time each day to relax, laugh and have fun!*

**My Healthy Habit Goal is**

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# SLEEP

## *Get More Sleep*

- ❖ Sleep is just as important for your health as diet and exercise.
- ❖ Most adults require 7-8 hours of sleep per night to feel well rested.
- ❖ Inadequate sleep is a risk factor for both obesity and diabetes.
- ❖ People who sleep less than average tend to weigh more and have larger waistlines compared to those who get adequate sleep.
- ❖ Sleep deprived people often feel more hungry and crave unhealthy, high carbohydrate, high salt and fatty snacks.
- ❖ Feeling well rested can allow you to be more productive for meal planning and to schedule exercise.
- ❖ Many people are sleep deprived and struggle to get adequate sleep to perform day to day activities.



**In your home create an environment that promotes a good night's sleep.**

# SLEEP

## Tips for Better Sleep

- Maintain a healthy body weight. Being overweight is a risk factor that contributes to sleep disorders.
- Exercise every day, but not too close to bedtime. Strenuous activity in the late evening can disrupt your sleep pattern.

**Have your room temperature cool, between 60 – 67 degrees. Consider blackout curtains, eye shades, ear plugs, “white noise” machines, humidifiers or fans to assist in designing a comfortable sleep environment.**

- Stay away from alcohol, cigarettes and heavy meals in the evening. It is best to finish eating at least 2-3 hours before bedtime.

Make your sleeping area free of distractions. It is best to take work materials, computers and televisions out of the sleeping environment.

- Follow the same routine for bedtime and wake up time, even on the weekend.
- Spend the last hour before bed doing a calming activity such as reading, deep breathing or listening to soft music.
- If you fall asleep but can't stay asleep, go into another room and do something relaxing. Return to bed when you feel sleepy.
- If you continue to have trouble sleeping, speak with your physician or seek the advice of a sleep expert.

**Visit [wellnessforme.com](http://wellnessforme.com) to request a Guided Meditation CD.**

Whenever you take a nap, limit your nap time to less than an hour and avoid naps within several hours before bedtime.

Have a comfortable mattress and pillows on your bed.

Avoid bright lights prior to bedtime, including TV and electronic screens.



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# Tobacco Cessation

Using tobacco products and nicotine increase your risk for heart disease and blood vessel disease.

- ❖ No matter how long you have used tobacco and nicotine, quitting can do you a lot of good at any time that you stop.
- ❖ Set a quit date. Be positive and patient with yourself.
- ❖ Believe that you can stop using tobacco products and nicotine.
- ❖ Ask family and friends for support.
- ❖ To help prevent a relapse, throw out all tobacco products, e-cigarettes, lighters and ashtrays. Avoid places which can trigger tobacco usage.
- ❖ Set a no-smoking rule for your home and car. Avoid second-hand smoke.
- ❖ Do not rely on e-cigarettes as a substitute for tobacco cigarettes. E-cigarettes can contain nicotine and are linked to antibiotic resistant infections and to triggering inflammation.
- ❖ Talk to your physician or health care team about nicotine replacement therapy or other methods to help you quit using tobacco products and nicotine.
- ❖ Take advantage of a local tobacco cessation program or call 1-800- QUITNOW.
- ❖ Request the "Get Off Your Butt: Stay Smokeless for Life" educational program offering support for anyone who wants to quit tobacco use. Visit [wellnessforme.com](http://wellnessforme.com) to request the program.



**Avoid both tobacco and e-cigarette products.**

**My Healthy Habit Goal is**

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# LEARN ALL THAT YOU CAN



- ➔ Read books and articles about preventing diabetes and heart disease.
- ➔ Go to regularly scheduled physician appointments.
- ➔ Don't be afraid to ask questions if you do not understand the medical information told to you during physician visits.
- ➔ Get tested and screened regularly, including testing your blood sugar, blood pressure and cholesterol.
- ➔ If your doctor has prescribed a medication, make sure you take it every day or as prescribed.
- ➔ Continue to follow the advice of your health expert if you are currently receiving care from other health professionals.



**Remember to schedule your medical appointments.**

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# MAINTAIN A HEALTHY LIFESTYLE

**A healthy lifestyle makes a big difference in preventing diabetes and heart disease.**

## YOU CAN ACHIEVE BETTER HEALTH BY:

- Eating healthy foods
- Reaching and maintaining a healthy weight
- Maintaining an active life
- Managing stress and doing the things you enjoy
- Getting adequate amounts of sleep
- Avoiding or quitting tobacco use



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# RESOURCES

## Medical Websites

American Diabetes Association, [www.diabetes.org](http://www.diabetes.org)

American Heart Association, [www.heart.org](http://www.heart.org)

WebMD, [www.WebMD.com](http://www.WebMD.com)

Optima Health, [www.optimahealth.com](http://www.optimahealth.com)

## Weight Control Apps and Websites

[www.CalorieKing.com](http://www.CalorieKing.com)

[www.EverydayHealth.com](http://www.EverydayHealth.com)

[www.MyFitnessPal.com](http://www.MyFitnessPal.com)

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

[Sentara Diabetes Prevention Program](#)

## Healthy Recipes Websites

American Diabetes Association Recipes for Healthy Living,  
<https://www.diabetes.org/healthy-living/recipes-nutrition>

CDC Healthy Weight Recipes, [www.cdc.gov/healthyweight/healthy\\_eating/recipes.html](http://www.cdc.gov/healthyweight/healthy_eating/recipes.html)

Health and Human Services Million Hearts: Heart Healthy Recipes,  
<https://millionhearts.hhs.gov/learn-prevent/recipes.html>

USDA Team Nutrition, <https://www.fns.usda.gov/tn/team-nutrition-recipes>

## Online Print Materials

Small Steps Big Rewards: Your Game Plan to Prevent Type 2 Diabetes,  
<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes>

Your Guide to Lowering Your Blood Pressure with DASH,  
[http://www.nhlbi.nih.gov/files/docs/public/heart/new\\_dash.pdf](http://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf)

Your Guide to a Healthy Heart, <http://www.nhlbi.nih.gov/files/docs/public/heart/healthyheart.pdf>

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American Heart Association, <https://www.heart.org/en/healthy-living>

Behavioral Counseling to Promote a Healthful Diet and Physical Activity for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk Factors, U.S. Preventive Services Task Force Recommendation Statement, AHRQ Publication No. 13-05179-EF-2, August 2014.

Health Risks of e-Cigarettes Emerge. Science News, 2014, 185:13.

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National Diabetes Prevention Program, [www.cdc.gov/diabetes/prevention/prediabetes.htm](http://www.cdc.gov/diabetes/prevention/prediabetes.htm)

National Heart, Lung, and Blood Institute,  
<https://www.nhlbi.nih.gov/health-topics/coronary-heart-disease>

National Institute on Aging, <https://www.nia.nih.gov/health/exercise-physical-activity>

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Sleep and Sleep Disorders, <http://www.cdc.gov/sleep/>

US Dept of Agriculture and US Dept of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC, December, 2010.

WebMD, <http://www.webmd.com/heart-disease/default.htm>

WebMD, <https://www.webmd.com/diabetes/default.htm>









## Staying Healthy Programs

**\*Programs to help prevent diabetes and heart disease**

### EATING FOR LIFE

*Develop healthy eating and exercise habits*

### GET OFF YOUR BUTT: STAY SMOKELESS FOR LIFE

*Stop using tobacco to benefit your health*

### GUIDED MEDITATION

*Experience a retreat from everyday stressors*

### HEALTHY HABITS, HEALTHY YOU

*Develop habits to prevent diabetes and heart disease*

### TAI CHI

*Learn to mentally and physically relax*

### WALKABOUT WITH HEALTHY EDGE

*Walk your way to better health*

### YOGA

*Stretching and strengthening exercises*

### MyLife MyPlan

Creative health solutions for Optima Health members and the community.

For more information about **Staying Healthy** programs, please visit [optimahealth.com/mylifemyplan](http://optimahealth.com/mylifemyplan) or [wellnessforme.com](http://wellnessforme.com).