

Bears Be Well

TAKE CHARGE OF YOUR HEALTH



New Year, New You!

New years offer a time to reflect on the prior year and set new goals for the upcoming year. As we say goodbye to 2020, we want to share resources to help you set healthy goals for the New Year.

The first key to success is writing down your goal. Start by declaring a micro goal that is small but achievable. Once you master the micro goal then you can build on it.

Unhealthy habits can be difficult to replace with healthier ones. Our wellness update this month includes tips and tricks to kick those bad habits goodbye once and for all and live your best year.

Healthy New Year

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DECEMBER CLINIC EVENTS:

No screenings scheduled this month



5 HEALTHY TIPS TO START YOUR NEW YEAR

- 1 Keep your heart rate up:** Exercising for 30 minutes a day helps manage weight, reducing your chances of developing conditions that put a strain on your heart.
- 2 Get plenty of sleep:** Getting less than 7 hours of sleep at night can create higher blood pressure and an increased likelihood of heart disease.
- 3 Drink more water:** Staying hydrated helps the heart more easily pump blood through blood vessels. Drinking water can decrease calorie intake and your risk of heart disease.
- 4 Go for fruits and veggies:** Fresh, filling fruits and veggies are an important part of a healthy eating plan. They are high in vitamins, minerals and fiber, and low in fat and calories.
- 5 Stay positive:** Using positive self-talk to control stress with phrases like "I can do this!" can help you avoid the physical symptoms of stress that take a toll on your body and heart.

Any form of exercise is good medicine

Can exercise be a cure for what ails you? Or, better yet, can it keep you from getting sick in the first place? Health and fitness experts are pointing to “yes.” And while they’re still exploring how powerful exercise is, there are things they already know about its benefits to your body and mind.

Are you just starting a new fitness routine? Training for a competition? Or, are a regular exerciser somewhere in between? No matter what your activity level, keep going. That’s because your active lifestyle may have the power to:

1. Fight disease

There’s great news for all of us who are trying to avoid or manage serious illness. Exercise does good things for more than your heart and lungs; it’s also a great way to safeguard against other big health threats like:

- **Cancer.** Researchers found that being active helps keep cancer from happening at all. Their studies have also shown that moving regularly can slow tumor growth, especially in **skin, liver and lung cancers**. Exercise gets your blood pumping, carrying warrior cells called NKs (Natural Killers) throughout your body to search for and destroy cancer cells. Exercise also has a profound effect on **breast cancer**

prevention, recurrence and survival rates. The activity keeps your immune system strong and also helps you avoid weight gain — a known contributor to breast cancer.

- **Diabetes.** Regular physical activity that includes both aerobic and resistance types of exercise improves how your body uses blood sugar (glucose). And the bigger news? Exercise can delay or prevent the onset of type 2 diabetes. For anyone who is at high risk, regular exercise and a bit of weight loss — as little as five percent of your body weight — can lower your chances of getting diabetes up to **58 percent**.

2. Manage pain

Moving helps your muscles and joints stay healthy. Low-impact activities like walking, swimming and cycling can keep them in motion and help reduce painful arthritis symptoms. Regular exercise also builds muscle and bone strength. And that can help you maintain good posture, prevent or manage back pain and avoid conditions like osteoporosis.

3. Get into your head

A lot happens in your brain when you exercise. A power walk, a dance class or playing basketball are just some of the stepped-up activities that can get the feel-good chemicals flowing through your brain and body. It's a healthy stress buster and mood lifter. And because blood and oxygen flow better through your brain and body when you're regularly active, you may be less likely to develop plaques and tangles — two things that can lead to memory loss linked to Alzheimer's disease and dementia.

Need more reasons to move?

- Every hour of regular, vigorous exercise could add two hours of life expectancy.
- People who exercise regularly can save \$500 per year in health care costs.



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Take Control of Your Financial Security

No matter your age now is the best time to save for your future. Life is full of complications that can jeopardize your financial security so saving money now can help with whatever life throws at you.

Reasons to Save

If you were hit with an unexpected expense could you afford it? If you needed to make a big purchase would you be able to? Think about all the expenses you may have in your lifetime and consider whether you have enough to cover them.

- Raising children
- Supporting an aging family member
- Developing a chronic medical condition
- Buying a house or car
- Retiring

Saving Tips

If you're not saving an easy way to start is with a savings or supplemental retirement account. Contributing even just a small percentage of your paycheck each month can grow the account into a sizable nest egg.

Here are some other ways to get closer to your financial goal:

- Take advantage of retirement saving mechanisms
- Open a savings account
- Understand the savings options available through your employer
- Speak with a financial professional

Shawnee State University offers voluntary 403(b) and 457(b) Supplemental Retirement Savings Plans. These plans give employees the opportunity to make additional contributions towards retirement savings (beyond the mandated state retirement systems or Alternative Retirement Plans). For more information on Supplemental Retirement Plans and plan providers offered through SSU, please visit the [HR Benefits webpage](#) or contact an HR representative for more information.





Healthy
New Year!