

The logo features the letters 'RSI' inside a blue diamond shape on the left. To its right, the words 'Wellness Watch' are written in a large, white, sans-serif font with a blue outline. The background of the logo is a horizontal gradient from red to green to blue.

# RSI Wellness Watch



## **Three Ways to Improve Your Health**

Making changes to improve your health can seem difficult when first getting started. Yet once you incorporate healthy behaviors into your daily routine, they will simply become part of how you live your life. Here are three key areas to focus upon:

### **Exercise**

Exercise is a necessary part of improving your health. You should strive for 30 minutes of aerobic activity at least three times a week, weight-training every other day, and stretching daily. It's important to find a form of exercise that you like and that works into your schedule. Be creative, change your routine, and keep it fun!

### **Diet**

There are a few tips to keep in mind when improving your diet:

- Consume a variety of fruits, vegetables and whole grains.
- Reduce your intake of saturated fat, trans fat, cholesterol, and sodium.
- Pay attention to portions and calorie intake
- Drink alcohol in moderation, if at all

It's important to apply these guidelines when preparing meals at home, while dining out, and during special occasions.

### **Stress Management**

Sometimes there is just no way to eliminate the stress in your life, but you can find better ways to manage it. Try to schedule time to do something relaxing, such as getting a massage, watching a funny movie, taking a bath, or reading a good book. Doing activities you enjoy on a regular basis will help you feel refreshed and better equipped to handle all of your other responsibilities.

Taking decisive measures to improve your health can produce tangible results. Through exercise, diet, and stress management, you can:

- Lower the risk of heart disease, high blood pressure, diabetes, and cancer
- Reduce feelings of depression and anxiety
- Reach and maintain a healthy weight
- Achieve an overall sense of wellbeing

Most health insurance companies provide supplemental benefits designed to improve your wellbeing. Discounts are often available for weight management programs, massage therapists, and gym memberships. Check out what is available to help you reach your goals.