

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING
HEALTHIER TN

A TIP FOR TENNESSEANS

April 11, 2017

Fall in love with a healthy lifestyle.

Regular exercise and healthy eating are good medicine for your heart. How good? When it comes to being physically active, the reward can be a 2-for-1 deal. That's because, for some people, **every hour of brisk or vigorous activity may give you two hours more of life expectancy in return.**¹ Your activities may also help:^{2,3}

- Improve blood flow
- Raise your good cholesterol and lower the bad
- Maintain a healthy weight
- Ease high blood pressure
- Balance your blood sugar

Nutrition that won't break your heart.

These everyday tips can keep your heart-healthy efforts on track:

- **Watch portions.** Know what a [serving size](#) of certain foods is and how you can determine how much you're eating.
- **Make more meals at home.** You'll save money and control the amount of salt, fat and sugar in the foods you eat.
- **Snack wisely.** Switch out sweet or salty snacks with more heart-healthy fruits, vegetables, whole grains and water. The vitamins, fiber and other nutrients can fuel you on fewer calories, too.
- **Know before you go.** You can still eat healthy on the go. Review the online menus of your favorite restaurants before you visit



Get some extra support.

Watch this short health coaching [video](#) to learn how it can help you get there.



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



Sources:

- ¹ "Walk, Don't Run Your Way to a Healthy Heart." American Heart Association, 13 August 2015. Web. 17 February 2017. | ² "Moderate to Vigorous - What is your level of intensity?" American Heart Association, March 2014. Web. 17 February 2017. | ³ "Exercise: 7 Benefits of Regular Physical Activity." Mayo Clinic, 05 February 2014. Web. 17 February 2017. | "Portion Size." Medline Plus, 28 October 2014. Web. 17 February 2017.

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