Taking small steps can make a big difference when it comes to improving health and wellness. By making healthy lifestyle choices, such as increasing physical activity or eating healthy, you can help prevent or manage chronic disease.

Here are four ways to help you make changes today for a healthier tomorrow:

Brought to you by Wellbeats Wellness, a product of LifeSpeak, Inc.

Download the app on the App Store, Google Play, or Apple TV

portal.wellbeats.com

LifeSpeak Inc.
Get Active

Regular physical activity increases your chances of living a longer, healthier life. Being more active can also help control your blood pressure, manage weight, strengthen bones and muscles, reduce your risk of disease, boost your mood, and improve brain health and overall wellbeing.

TAKE ACTION:
Aim for at least 150 minutes of moderate-intensity aerobic activity and two days of muscle-strengthening activity each week.

Try an aerobic activity on Wellbeats Wellness:

- Fat Burn Cycle 35 mins | ★ 4.8
- Steady State Aerobic 21 mins | ★ 4.7
- Low Impact Cardio 20 mins | ★ 4.8

Try a muscle-strengthening activity on Wellbeats Wellness:

- Strength Builder 20 mins | ★ 4.8
- Rotate Your Body 30 mins | ★ 4.7
- Biceps & Triceps 30 mins | ★ 4.7

Get Enough Sleep

Good sleep is essential for your health and overall wellbeing. Getting enough sleep allows your body to rest, repair, and restore, and can help improve memory and productivity, strengthen your immune system, and reduce stress.

TAKE ACTION:
Most adults need seven or more hours of good-quality sleep on a regular schedule.

Wind down and prepare for a good night’s sleep with Wellbeats Wellness:

- Bedtime Yoga 16 mins | ★ 4.7
- Eat Better, Sleep Better 4 mins | ★ 4.7
- Bedtime Meditation 9 mins | ★ 4.7
Eat Healthy
Following a healthy, balanced diet helps your body get the nutrients it needs to stay well and can help manage weight and lower your risk of certain chronic diseases. Making smart food choices can also help increase energy, improve concentration, and boost your mood.

Prioritize Mental Health
Stress is hard to avoid—but taking steps to prevent and manage stress has several benefits, including lowering your risk of disease, high blood pressure, and depression, as well as enhancing your mood, improving sleep, and reducing muscle tension.

TAKE ACTION:
Try a healthy recipe on Wellbeats Wellness:
- **Black Pepper Shrimp**
  - 6 mins | ★ 4.9
- **Veggie Scrambler**
  - 2 mins | ★ 4.6
- **Honey Glaze Ribs**
  - 8 mins | ★ 4.8

Learn more ways to improve your eating habits on Wellbeats Wellness:
- **Nourishing vs. Eating**
  - 9 mins | ★ 4.7
- **Cooking to Improve Gut Health**
  - 10 mins | ★ 4.7
- **What to Eat After a Workout**
  - 7 mins | ★ 4.7

TAKE ACTION:
Calm your mind with a meditation on Wellbeats Wellness:
- **Intro to Meditation**
  - 7 mins | ★ 4.8
- **Ocean Breath**
  - 27 mins | ★ 4.7
- **Mindful Meditation**
  - 17 mins | ★ 4.7

Sources:
Centers for Disease Control and Prevention, Office of Disease Prevention and Healthy Promotion, World Health Organization, American Psychological Association, and National Institutes of Health