We live our lives by the numbers: phone numbers, PIN numbers, and our social security numbers. But there are other numbers that are just as important to consider: our weight, blood pressure, and cholesterol levels. Monitoring these numbers can help us maintain a healthy lifestyle and reduce the risk of chronic diseases.

Welcome to the March issue of the Well Aware eNews! This month, we will explore the benefits of exercise and how it can improve our overall health. Exercise is a powerful tool for reducing stress, improving mental health, and maintaining a healthy weight. It can also help us to reduce our risk of developing chronic diseases such as heart disease and diabetes.

We all need to move. What can you accomplish by adding more movement to your days? Exercise doesn’t need to be a chore, but can be a fun and enjoyable way to stay active. Try incorporating some light exercises into your daily routine, such as stretching or walking. You might also consider joining a fitness class or participating in a sports league.

Beth L. Thomas

Beth L. Thomas is an athlete and later a physical education teacher. She believes that exercise has helped her to be at her best when performing the duties of her job. After I started teaching, I quickly realized I would need to take a different approach to exercise. Two years later, Beth decided to train the right way by stretching, strengthening, and working on her overall physical fitness.

Benefits of Exercise

Exercise is a great way to increase physical activity levels and help prevent heart disease. Exercise can also help to reduce stress, anxiety, and depression. It can even help to improve sleep quality. Some other benefits of exercise include:

- Improving cardiovascular health
- Reducing the risk of chronic diseases
- Improving mental health
- Increasing energy levels
- Maintaining a healthy weight
- Reducing the risk of osteoporosis
- Improving sleep quality

The American Heart Association recommends that adults engage in at least 150 minutes of moderate-intensity aerobic activity each week, or 75 minutes of vigorous-intensity aerobic activity each week. However, any amount of physical activity is better than none at all. Even small amounts of physical activity can help to improve health and reduce the risk of chronic diseases.

Sleep Awareness Week

Next Week Is National Sleep Awareness Week

Are You at Risk for Diabetes?

March 6, 2016

The Centers for Disease Control and Prevention (CDC) estimates that 29.1 million people in the United States have diabetes, and an estimated 8.3 million people have undiagnosed diabetes. Diabetes is a disease in which your body doesn’t produce or use insulin well. It is a chronic disease that affects the way your body turns food into energy. Over time, diabetes can lead to serious health problems, including heart disease, kidney disease, and vision loss.

The most common type of diabetes is type 2 diabetes. Type 2 diabetes is often diagnosed in adults, but it can occur in children and adolescents. Type 2 diabetes is a chronic disease that affects the way your body turns food into energy. It is a disease in which your body doesn’t produce or use insulin well. Over time, diabetes can lead to serious health problems, including heart disease, kidney disease, and vision loss.

The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. People who are at risk for type 2 diabetes can reduce their risk by making lifestyle changes such as maintaining a healthy weight, eating a balanced diet, and being physically active.

The Diabetes Risk Test is available to help you determine your risk for developing type 2 diabetes. The test is free and can be administered online. If you are at high risk for type 2 diabetes, you can take steps to lower your risk by making lifestyle changes such as maintaining a healthy weight, eating a balanced diet, and being physically active.

Quit for Good: Tobacco Cessation Program

Tobacco use is a major cause of preventable deaths in the United States. Each year, an estimated 480,000 people die from tobacco-related diseases. This is equivalent to nearly 1,300 smokers dying every day. Smoking cessation programs like Quit for Good can help you quit smoking and significantly reduce your risk of developing chronic lung disease.

Visit the Wellness Initiatives for Employees web page to learn about the importance of sleep, sleep hygiene, and sleep disorders, and what you can do to get a good night’s sleep. Visit the Wellness Initiatives for Employees web page to learn about the importance of sleep, sleep hygiene, and sleep disorders, and what you can do to get a good night’s sleep.

There are countless ways you can get active, but walking has the lowest dropout rate of them all. Take 30 minutes out of your day to get up and walk. Participate in the American Heart Association’s National Walking Day on Wednesday, April 6, 2016. Each year on the first Wednesday of April, Americans are encouraged to lace up their sneakers and take 30 minutes out of their day to get up and walk. Participate in the American Heart Association’s National Walking Day on Wednesday, April 6, 2016. Each year on the first Wednesday of April, Americans are encouraged to lace up their sneakers and take 30 minutes out of their day to get up and walk.

Go to the Wellness Webinar Library to view upcoming webinars that focus on various health topics. The webinars are provided to those who take the test, and those at high risk are encouraged to talk with their health care provider.

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Quit for Good: Tobacco Cessation Program

The Tobacco Cessation Program (Tobacco Cessation Program) is a free, web-based program that teaches quit-smoking techniques and provides tools to help you quit smoking. The Tobacco Cessation Program is available to anyone who wants to quit smoking, and it is offered at no cost.

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The Tobacco Cessation Program is available to anyone who wants to quit smoking, and it is offered at no cost. Visit the Tobacco Cessation Program website to learn more about the program and to register for the program.

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