



CREATING A BALANCED LIFESTYLE

As Benjamin Franklin wisely stated, “An ounce of prevention is worth a pound of cure.”

Living a balanced life incorporates taking time to engage in your healthcare. Getting enough sleep, regular exercise, hydration, and healthy eating can lead to an energized and fulfilling life.

Preventive Care

Regular physicals, along with recommended gender and age-specific health screenings, can add to that ounce of prevention. Staying engaged with your primary care provider makes it more likely that serious health issues can be caught early. In addition to your physical health, it is important to take care of your mental and emotional health. If you’ve noticed concerning changes in the way you are thinking or feeling over the past few weeks or months, consider consulting your primary care physician for guidance on which mental health professionals might address your symptoms.

Stress Management

In today’s world, stress is inevitable. Learning how to manage stress healthfully is an important part of creating a healthy lifestyle. Along with good nutrition, adequate sleep and regular exercise, you might choose to manage stress by practicing deep breathing, meditation, or scheduling time to do something you enjoy, like taking a walk, listening to music, or reading a book. By paying attention to what triggers your stress and learning what helps you relax, you can find ways to keep stress at bay.



Healthy Work-Life Balance

Creating a work-life balance can be challenging, especially with many people now working from home. Setting limits is necessary to ensure there is adequate time left for relationships and activities you enjoy. Considering strategies such as being sure to “unplug” at the end of the workday, setting boundaries, and prioritizing your time may help keep an optimal work-life balance.

Exercise Recommendations

National Strength and Conditioning Association general recommendation for adults who practice resistance training:

- **Sets:** 1-3
- **Repetitions:** 8-12 or 10-15
- **Intensity:** 70-85% of 1 rep max
- **Modality:** Free weight or machine-based equipment
- **Frequency:** 2-3 days per week, per muscle group

The American College of Sports Medicine recommends that healthy adults get a minimum of 30 minutes of moderate aerobic activity five days a week or 20 minutes of vigorous aerobic exercise three days per week.

Nutrition Recommendations

A healthful diet might look different for various people depending on factors such as medical history, activity level, personal beliefs, or food preferences. In general, the Dietary Guidelines for Americans 2020-2025 states that a healthful diet includes a variety of vegetables, fruits, grains, dairy, protein foods and oils. The guidelines also recommend limiting the intake of added sugar, sodium, and saturated fats. Following the USDA MyPlate Plan is a great place to get started if you’re looking to make healthy changes to your diet.

If you need assistance incorporating a balanced diet, reach out to ConnectCare3 to start working with one of our registered dietitians. They can work with you to create an individualized meal plan based on your dietary needs and lifestyle.

Utilizing ConnectCare3

Our team members are here to help at all points of your health and wellness journey. Our services include patient advocacy, nurse navigation, chronic disease management, nutrition education, and tobacco cessation. Visit our website to learn more about our services and how we can partner with you for better health.