



My treadmill.

How do you do healthy?

TOTAL**WELL**NESS

CONGRATULATIONS

You already have healthy habits! Now you can build upon them with the help of today's health screening. It's another step towards healthier living and can help you identify areas for further improvement like taking the stairs instead of the elevator; packing your lunch rather than eating out; or walking the dog instead of watching television. Because the better you feel about yourself, the better your overall health will become.

Inspire Yourself & Others

Kick up your healthy habits with our **I Am Healthy 30 Day Challenge**. It's easy to participate. All you have to do is share your healthy habits on your favorite social media site (Facebook, Twitter, Instagram) and tag it with **#iamhealthy** to let us know what you're up to. Here are a couple of ideas:

- Enjoying frozen grapes as a snack.
- De-cluttered my house this weekend.
- Cooked at home instead of ordering takeout!
- Got a good night's sleep.
- Took a stretch break.
- Got off subway one stop early and walked to work.
- Hydration time. I am aiming for eight glasses of water today.
- Spent time with friends this weekend.

Adding just one tiny habit to your routine each day for a month can add up to huge changes in your health and well-being! Get started now. Share how you're healthy below and then visit totalwellnesshealth.com/iamhealthy to join the 30-day challenge and find more information about living healthy.

This is how I do healthy:



THINK HEALTHY. BE HEALTHY.

Optimism is the one quality more associated with success and happiness than any other.

Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life, your attitude toward yourself, and whether you're optimistic or pessimistic — and it may even affect your health.

It doesn't seem like a stretch to connect the dots between an optimistic outlook on life and your overall wellness. Numerous studies have shown that optimists are physically and psychologically healthier than pessimists. A positive outlook on life strengthens the immune system (and the body's defenses against illness), cardiovascular system (optimists have fewer heart attacks), and the body's ability to handle stress.

Expecting good things in life can make good things happen. Think about it. If you tell yourself, "This is so hard," it is most likely going to be hard, but if you tell yourself "I can do anything I put my mind to," it feels doable and even exciting. So find ways to build happiness and positive emotions into your life — whether it is through meditation, writing, playing a pickup basketball game or something else. When you focus on positivity, those feelings of happiness can be infectious, spreading to the rest of your office and your community.

Take Action!

You can learn how to think positively — the process is simple and can easily be achieved with a little time and practice. Here are a few ways:

- › **Identify areas to change.** Take a look at areas of your life that you think negatively about, whether it's your health, daily drive to the office or a relationship. Start small by focusing on one area to approach in a more optimistic way.
- › **Practice positive self-talk.** Don't say anything to yourself that you wouldn't say to anyone else. Be kind, optimistic and encouraging. If a negative thought crosses your mind, evaluate it rationally and respond with positive affirmations.
- › **Be open to humor.** Give yourself permission to smile or laugh, particularly during hard times. Seek the humor in everyday life.
- › **Surround yourself with positive people.** Make sure the individuals in your life are supportive people you can depend on to give helpful advice and feedback.
- › **Check yourself.** A great way to end each day is to identify five good things that happened. If you make a habit of doing this consistently, you'll go to bed inspired and wake up energized.

Your mind is powerful. When you fill it with positive thoughts your life will start to change.

STRENGTHEN YOUR BODY & MIND

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular physical activity are hard to ignore. Our bodies are designed to move and the following benefits prove it:

- The simple act of moving has a direct, immediate effect on your energy. The more you move, the more energized you will feel.
- Just one 10 minute burst of exercise can improve your mental focus and concentration.
- Regular physical activity makes your heart and bones stronger, lowers your risk for chronic disease right along with your blood pressure, and keeps your weight under control.
- Exercise releases endorphins, the brain chemicals that boost your mood and make you feel happy, as well as relieve stress.



Take Action!

You have the power to change your numbers. Getting at least 30 minutes of activity each day is one of the best ways to impact your biometric numbers. Instead of thinking that exercise is a chore, find activities that you enjoy. Making exercise fun is the key to keeping it an ongoing part of your life. Here are a few ideas to get you started:

- › Stretch when you wake up and before you go to bed.
- › Lace up your sneakers and go for a walk during lunch.
- › Instead of meeting friends for happy hour, head to the park for a couple of hours of play.
- › Pump up the music and have a dance party.
- › Play a game like freeze tag or go on a scavenger hunt with your kids.
- › Plant seeds and burn calories in your garden.
- › Get out the old hula-hoop.
- › Grab a pair of ice skates or roller skates and hit the rink.
- › Play fetch with your dog.
- › Go to the park and make your own obstacle course around trees and over the equipment.
- › Jump for joy! Jumping rope for just 10 minutes can work up a serious sweat.

FUEL YOUR BODY & MIND

We need food for energy — food is what fuels us, after all — but we tend to choose the calories we consume based on taste and convenience and not necessarily on how good they are for us.

Your daily food choices can make a huge difference in your overall health and in how you feel and look. Eating a healthy, balanced diet daily provides the nutrients your body needs to keep your bones, organs and muscles in optimum shape. These nutrients include fats, carbohydrates, protein, vitamins and minerals.

Healthy foods keep your brain active, provide you with energy and strengthen bones and muscles. Maintaining a healthy diet can also help you manage your weight, prevent diabetes, boost your heart health and alleviate stress. Feeding your body well translates into a longer, healthier, more enjoyable life.



Take Action!

Healthy eating begins by adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar. If you want to change your eating habits, you need the right attitude. Here are a few tips on how to approach eating well:

- › Make it a gradual process. If you try to change everything at once, it can be overwhelming.
- › Start with achievable goals, such as a salad or a piece of fruit per day. Once you get comfortable with that, you can make longer-term goals like having one healthy meal per day.
- › Read ingredient lists, know about nutrients and be aware of how the food you are eating was grown or raised.
- › Experiment with various healthy foods and see what you like. The world's greatest chefs know that healthy food does not equal flavorless food.
- › Drink plenty of water. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed.
- › Make 80 percent of the food you eat healthy and take 20 percent of your daily calories and make them fun. You don't have to be perfect, and you don't have to completely eliminate foods you enjoy to have a healthy diet.

BIOMETRIC MEASURE	DESCRIPTION	VALUE RANGES		MY NUMBER
Height/Weight/BMI	Body mass index (BMI) is a number calculated from a person's height and weight and is used to identify potential health risks due to being over- or underweight. BMI is not accurate for everyone. Height: _____ Weight: _____	18.4 and below		Underweight
		18.5 -24.9		Normal
		25.0 -29.9		Overweight
		30.0 and above		Obesity
Waist Circumference	Waist circumference is a measurement of the distance around the abdomen used to assess abdominal fat. If most of your fat is around your waist rather than your hips, you're at a higher risk for heart disease, certain cancers and type 2 diabetes.	Women: 35" and below	Men: 40" and below	Normal
		Women: 36" and above	Men: 41" and above	High Risk
Blood Pressure (mmHg)	Blood pressure is expressed by two numbers. The top number is the systolic pressure, the pressure measured when the heart beats. The bottom number is the diastolic pressure, the pressure measured when the heart rests. Maintaining your blood pressure will keep you at a lower risk for heart disease, stroke, and kidney failure.	119 and below	and 79 and below	Normal
		120-129	and 79 and below	Elevated
		130-139	or 80-89	Stage 1 Hypertension
		140-180	or 90-120	Stage 2 Hypertension
		Above 181	and/or or Above 121	Hypertensive crisis (Consult your doctor immediately)
Glucose (mg/dL)	Glucose is the main source of energy used by the body. You get it from the food you eat and from your cells where it is stored. Blood glucose levels that remain high over time can damage your eyes, kidneys, nerves, heart and blood vessels.	Fasting: 99 and below Non-Fasting: 139 and below		Normal
		Fasting: 100-125 Non-Fasting: 140-199		Prediabetes
		Fasting: 126 and above Non-Fasting: 200 and above		Diabetes

BIOMETRIC MEASURE	DESCRIPTION	VALUE RANGES		MY NUMBER
Total Cholesterol (TC) (mg/dL)	Cholesterol is a soft, waxy, fat-like substance found throughout your body, including in the bloodstream and in all of your cells. Excess cholesterol can form plaque between layers of artery walls, making it harder for your heart to circulate blood. Reduced blood flow can lead to a stroke or heart attack.	199 and below	Desirable	
		200-239	Borderline High	
		240 and above	High Risk	
High-density Lipoprotein (HDL) Cholesterol (mg/dL)	HDL cholesterol is the well-behaved "good" cholesterol. This friendly scavenger cruises the bloodstream. As it does, it removes harmful bad cholesterol from where it doesn't belong. High HDL levels reduce the risk for heart disease — but low levels increase the risk.	60 and above	Lowers Your Risk	
		40-59	Normal	
		39 and below	High Risk	
Low-density Lipoprotein (LDL) Cholesterol (mg/dL)	LDL cholesterol is often called "bad" cholesterol because high levels lead to buildup in your arteries, which narrows and may eventually block them. LDL cholesterol is the primary target of cholesterol-lowering therapy. Goals may vary depending on your risk status. The greater your risk of heart problems is, the lower your LDL should be.	99 and below	Optimal	
		100-129	Near Optimal	
		130-159	Borderline High	
		160-189	High	
		190 and above	Very High	
TC/HDL Ratio	A low level of LDL along with a high level of HDL reduces your risk for heart disease, heart attack and stroke.	3.5 and below	Optimal	
		3.6 - 4.9	Normal	
		5.0 and above	High Risk	
Triglycerides (mg/dL)	Triglycerides are a type of fat (lipid) found in your blood. When you eat, your body converts any calories it doesn't need to use right away into triglycerides. Triglycerides can raise heart disease risk. Levels that are borderline high or high may need treatment in some people.	149 and below	Normal	
		150-199	Borderline High	
		200 and above	High	

*Be happy.
You're healthy.*

To go over your results with a counselor after the on-site screening, contact us at **followup@totalwellnesshealth.com** or **888-434-4358, ext. 120**.

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