

Life, Health and You



Basics of Exercise and Physical Fitness

Exercise is any movement that gets your body active. Doing it regularly is one of the best ways to protect your health, improve fitness, and lower your risk for long-term diseases.

Make exercise a habit—your body improves with consistent practice. Increase activity slowly to build strength, speed, or flexibility without overdoing it. Challenge yourself by adding time, distance, or weight. Mix up your workouts to stay engaged and avoid injury. Show up regularly, even for short sessions.

Types of Exercise

Before starting a program, talk with your health care provider if you have mobility or safety concerns.

- Aerobic (cardio): Walking, running, swimming—good for heart, lungs, and overall endurance.
- Strength training: Weights, resistance bands, or bodyweight exercises to build muscle.
- Balance exercises: Tai chi

or simple balance drills to improve stability and prevent falls.

- Flexibility: Stretching or yoga to improve mobility and posture.

Fitting Exercise into Your Day

Start small and break activity into short chunks. You don't need special equipment—just a routine that works for your lifestyle.

- At home: Dumbbells, resistance bands, mats, or home cardio equipment.
- Gym or fitness center: Access to machines, classes, and trainers.
- Outdoors: Walk, bike, or explore local trails. Choose safe, well-lit areas and dress for the weather.

Stop exercising and seek help if you feel pain, dizziness, or trouble breathing.

Staying Motivated

Choose activities you enjoy. Exercise safely and listen to your body. Set realistic goals and reward your progress. Keep things fresh with new classes, routes, or music. Find a workout buddy or join a group.

Boosting Health

Use these tips to boost your health and well-being all year long.

Eat a Healthy Diet

Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep

Adults need at least 7 hours of sleep per night.

Be Sun Safe

Wear layered clothes and apply a broad-spectrum sunscreen with at least SPF 15.

National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

Each January, the [National Eye Institute](#) (NEI) sponsors National Glaucoma Awareness Month. Check out NEI's [Glaucoma Resources for Health Educators](#) to help spread the word about glaucoma, which is the leading cause of vision loss and blindness in the United States

[The National Cervical Cancer Coalition](#) uses the month of January to educate people about cervical cancer, HPV disease, and the importance of getting screened.

Mental Health Minute



Positive Mental Attitudes Toward Nutrition

Making sudden, radical diet changes can lead to short term weight loss. However, such radical changes are neither healthy nor a good idea and may not be successful in the long run. Permanently improving your eating habits requires a thoughtful approach in which you reflect, replace, and reinforce.

- REFLECT on all of your specific eating habits, both bad and good and your common triggers for unhealthy eating. Work on managing the triggers for unhealthy habits.
- REPLACE your unhealthy eating habits with healthier ones. Plan meals ahead of time.
- REINFORCE your new, healthier eating habits. Remember that it takes one day at a time to build healthy habits.

LIVE MONTHLY WEBINAR:

Creating an Annual Well-Being Plan

Date: 1/14/2026 | Time: 1:30 PM to 2:30 PM EST

[REGISTER FOR THIS EVENT](#)



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