

# ADVANTAGE

## Healthy Lifestyle

If you have any concerns about whether your plan covers the subject matter discussed in Advantage, please contact your NMG Benefits Healthcare Advisor.

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### WHERE TO START

Set activities that improve your risk of diseases. Performing these activities on a regular basis will form a lifestyle.

Improve your physical, mental and social well-being. We each have a different point of departure in terms of our health. Some have had a stroke or heart attack, others are obese or have cancer, while others are fit with no known medical conditions. However, adopting a healthy lifestyle speaks to similar basic activities that will lead to a healthier version of you.

### Eat the right food



Healthy eating means having breakfast, an important meal for the day. Breakfast activates your metabolism and helps with the process of giving your body and brain cells nutrition to get you going. In addition, have five small meals a day, each with vitamins, roughage and other nutrients that are necessary to boost healthy cells. Lastly, drink enough water every day to rehydrate your body.

### Exercise



Do about 20 minutes of moderate exercise at least three times a week. Moderate exercise means that you exert yourself such that you breathe faster and your heart rate is faster than normal. What is moderate for one person may be a light work-out for the next person, therefore you are able to assess the intensity of exercise you need. Exercise improves circulation thereby controlling conditions such as high blood pressure, encourages the release of good cholesterol, uses up fat and strengthens muscles.

### Weight management



Being overweight not only saps you of energy but increases the risk of multiple medical conditions such as high cholesterol, diabetes mellitus and many others. Managing your weight through exercise and healthy eating, further reduces chances of acquiring diseases.

### Stress management



Continuous exposure to stress increases cortisol in the body, heart disease and leads to lowered immunity. Stress is good for improving our output however, its long-term effects are undesirable. Take time off to rest in order to reduce stress levels, especially a change of routine.

### Healthy habits



#### Stop smoking

smoking deposits tar in the airways and leads to respiratory disorders.



#### Cut down on alcohol consumption

alcohol affects decision-making and over time, high levels of alcohol affects the brain. Anything that exceeds the equivalent of just one glass a day may be too much.



#### Make sure you have adequate sleep

six to eight hours a night is necessary for your brain to shut down and rest. This improves your ability to be effective.



#### Social interactions

having friends, laughing and spiritual meaning have been shown to have a positive effect on our general well-being.

### Regular medical check-up



We are not able to prevent all illnesses and diseases however basic medical checks will likely pick up abnormalities early, and allow us to seek medical attention timeously. Annual medical check-ups with your doctor should include eyes, dental review, general examination, blood pressure, glucose and cholesterol, breast check-up for females and prostate for men. Your doctor will know what additional areas to look at, based on your history and complaints.

Getting into a routine of performing the above activities will go a long way in improving your health and warding off preventable diseases.