

REACH YOUR FITNESS GOALS... ONE DAY AT A TIME

When you live a busy life, sometimes personal health takes a backseat. It's all too common to grab fast food after a long day of work instead of cooking, or relax on the couch at night instead of getting your exercise in.

But we all know these choices will eventually catch up with us. Thankfully, it's not too late! Here are some sensible changes you can start making now to become healthier and happier.



WORK IT AT WORK

If you have a sedentary office job, you're already at a disadvantage when it comes to long-term health. That's why it's important to be proactive. The following tips can help:

- **Step away from your desk.** Taking a short walk every hour or two may not seem like much, but it can add up to make a huge difference over the months and years.
- **Stay hydrated.** Dehydration can cause headaches, fatigue, mood swings, and other problems. Drinking plenty of water throughout the day mitigates these risks, with the added bonus of getting you to move more by forcing you to get up for refills and restroom breaks.
- **Keep Your Chin Up. Literally.** Over time, poor posture takes a giant toll on the body. Sit up straight, keep your shoulders relaxed, and try not to hunch over or crane your neck. Good posture may be uncomfortable at first, but it will have long-lasting positive effects.



SENSIBLE SNACKING

Sustaining your energy throughout a hectic day can be a hassle. That's why so many people head straight to the closest vending machine or fast food chain when hunger strikes. There is, however, a better way:

- **Plan ahead.** It's very difficult to make smart food choices while in the throes of vicious hunger. Plan your meals and snacks ahead of time so you know exactly what you'll be chomping on when the time comes.
- **Halve the damage.** Even the most prepared individual brushes up against temptation. Maybe there's pizza at a social gathering you're attending, or perhaps a coworker brought in doughnuts. Whenever you're in a situation with delicious food you just can't resist, try eating half of what you normally would. That way, you can still enjoy your favorite foods while maintaining healthy eating habits.
- **Keep a consistent schedule.** Don't go long stretches of time without eating. Have a meal or snack every 3-4 hours to prevent yourself from succumbing to a black hole of hunger that makes you devour everything in sight.



SMALL STEPS STILL MAKE PROGRESS

Fitness is a complex topic, and consistently making healthy choices can be overwhelming. But over time, small steps add up to big improvements. Here are some ideas to help keep you on track for the long-haul:

- **Track your weight every week or two.** Eventually, this will give you a comprehensive snapshot of your typical weight range (just don't obsess over the numbers). Regularly heading to the scale also helps keep fitness at the top of your mind.
- **Find an exercise to fit your lifestyle.** Enjoy nature? Make outdoor walks a regular part of your routine. Addicted to entertainment? Buy a recumbent bike to use while gorging on TV or video games. Hate gyms? Try workout DVDs. Whatever you enjoy doing, make your exercise routine meet you where you are instead of the other way around.

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