

# Employer wellness newsletter



To help you feel confident when making decisions about your personal health goals, it's good to know the facts about the latest diet and fitness trends. They typically promise fast weight loss by restricting certain types of food or focusing on one type of exercise, however, in the long run, they're often costly, not flexible, and hard to maintain over time.

## Healthy lifestyle plans that work

When it comes to diet and exercise, one size does not fit all. However, if you follow these four safe, tried-and-true basics, you'll be on the path to looking and feeling your best.



**Plan your plate.** Every person's nutrition needs are a little different. A good starting point is to aim for balanced meals that include whole grains, fruits, lean protein, a variety of colorful vegetables, and plenty of water.<sup>5</sup>



**Move more.** Whether it's walking, running, or dancing, experts recommend 150 minutes per week of activity. Exercise helps your body burn calories and improves your heart health.<sup>6</sup> Including strength training at least twice a week in your routine helps to maintain muscle mass and can help prevent injuries.



**Set realistic goals.** Aim to make a plan that you can stick to long term.<sup>3</sup> If you want to lose weight, aim for one pound a week as a safe, healthy, achievable goal. To help you stay motivated, focus on how your clothes fit rather than the number on the scale.



**Talk to your doctor.** Always talk to your healthcare team before starting any new diet or exercise plan. Many factors can impact your health, such as your medical history and any medicines you take. Your doctor can help you figure out the best plan for your health goals.

### References:

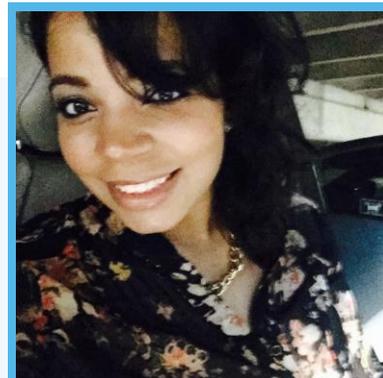
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## Consultant's corner

According to a recent poll conducted by [YouGovAmerica.com](https://www.yougov.com), 37% of Americans set a New Year's resolution for 2023<sup>1</sup>. Very often, we commit to improve our health and wellbeing as we begin a new year. In fact, the top 5 goals for 2023 cited in the survey are related to overall wellbeing. 20% of survey respondents set a goal of improving physical activity, 20% want to save more money, 19% hope to exercise more, 18% plan to eat healthier, and 17% strive to be happier this year.

No matter what the wellbeing goal may be for 2023, it can be challenging to figure out what to do or how to get started. Now is a great time to remind your employees that they can get help with their wellness goals using the Sydney health app. The Sydney Health app contains a variety of tools and resources to help improve wellbeing. Increase physical activity, improve diet, save money, or manage stress are just a few goals you can accomplish with help from Sydney. Not familiar with the Sydney app? Check out this [flier](#). You can also schedule a Sydney Health demo, just reach out to your Anthem Health Promotion Manager or your Anthem Account Management Team for more details.



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## A healthy tip for your employees

**Go Outside and Play. Take a Healthy Break from your Exercise Routine.**

### Not sure where to go?

For tips and suggestions about making the most of the great outdoors, visit the National Wildlife Federation's Green Hour site at [greenhour.org](https://www.greenhour.org).<sup>3</sup>

<sup>3</sup> National Wildlife Federation Website: Green Hour (accessed May 2014) [nwf.org](https://www.nwf.org)



## Health and wellness calendar

Anthem's health and wellness calendar helps you engage your employees and keep them informed about health topics and resources.

You can download the [health and wellness](#) calendar today.

Check with your Anthem representative to see if any of the programs mentioned in this e-newsletter are available to you.

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