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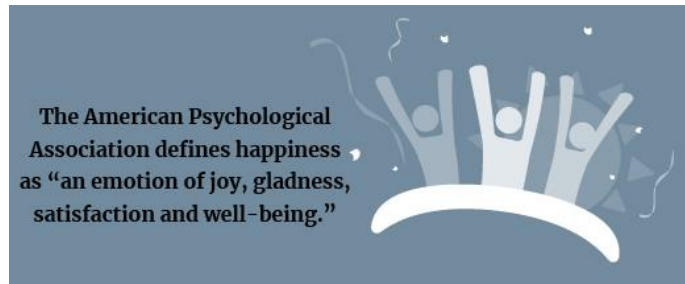
Live Well, Work Well


HealthCheck360



The Link Between Health and Happiness

In the pursuit of a fulfilling life, happiness is a goal for many. However, happiness is not an isolated concept; it's complex and connected to your overall physical and mental health. By understanding and nurturing the links between your health and happiness, you can be on your way to an enriched and balanced life.



Physical Health and Happiness

Physical health forms the foundation upon which happiness thrives. When your body functions optimally, so can your overall sense of well-being. Consider the following strategies to optimize your physical health:

- **Exercise regularly.** Engaging in physical activity releases endorphins, the body's natural feel-good chemicals, which elevate mood and reduce stress and anxiety. Exercise also boosts energy levels.
- **Focus on nutrition.** A balanced diet fuels the body and mind. Fruits, vegetables, whole grains, lean proteins and healthy fats provide nourishment to support cognitive function and emotional stability.

- **Get quality sleep.** Adequate and regular sleep positively influences mood, cognitive performance and emotional resilience.

Mental Health and Happiness

When you nurture your mind, happiness can flourish. Consider these tips for building your emotional resilience and a positive mindset:

- **Practice self-care and stress management.** It's critical to engage in activities that bring you joy and relaxation. Mindfulness practices can also reduce anxiety and improve focus.
- **Prioritize healthy relationships.** Positive social interactions, supportive friendships and a sense of belonging contribute significantly to happiness.
- **Seek help if needed.** Mental health professionals can provide guidance, therapy and tools to help you manage and overcome life's challenges.

The Path to Happiness

A healthy mind and body are critical components in your quest for happiness. By embracing a holistic approach to health, you can unlock the potential for a life filled with happiness, purpose and fulfillment. Contact a health care professional if you have any questions about your well-being.

The Science of Snacking

Snacking has a bad reputation, but it can be an important part of a healthy diet. It comes down to choosing healthy snacks and watching portion sizes. Snacking on healthy bites during the day offers the following benefits:

- **Healthy snacking increases energy.** It can provide midday energy boosts and fuel for exercise.
- **Healthy snacking provides nutrients.** It can meet your daily nutrient needs. The best snacks consist of nutrient-dense foods like fruit, vegetables, whole grains, low-fat dairy, and nuts.
- **Healthy snacking keeps your blood sugar levels steady.** It can keep your blood sugar levels even if you eat consistent carbs at each meal or snack. Remember that your blood sugar dips three to five hours after eating.
- **Healthy snacking prevents overeating.** It can decrease your hunger and the odds of overeating at mealtimes.

5 Healthy Workday Snacks



Almonds—
1.5 ounces
or about
35 nuts



**Greek yogurt
parfait—**
1 cup yogurt
with ½ cup
berries



**Berries and
cheese—**
½ cup berries with
low-fat
string cheese



**Apple and
nut butter—**
1 apple with
1 Tbsp. nut
butter



**Veggies and
hummus—**
About 8 baby
carrots with
4 Tbsp. hummus

How Often Do You Need to Exercise for Optimal Heart Health?

The American Heart Association recommends 150 minutes or more of moderate to vigorous physical activity each week but doesn't specify an optimal pattern. New [research](#) published in The Journal of the American Medical Association suggests that “weekend warriors” may realize the same cardiovascular health benefits as those who work out multiple times a week. A weekend warrior fits a week's worth of exercise into a couple of days.

The study found that working out at least 150 minutes each week can help cut one's risk of stroke, heart attack and atrial fibrillation (also known as AFib)—and those minutes can be split equally across the week or concentrated into the weekend. As long as you're hitting 150 minutes, you can reap cardiovascular benefits. The weekend warrior schedule could be an option if you're short on time during the week. Talk to your doctor before starting a new exercise regimen.

Makes: 6 servings

Ingredients

- ½ cup nonfat milk
- ⅓ cup applesauce
- ½ cup all-purpose flour
- ½ cup quick-cooking oats (uncooked)
- 1 cup sugar
- ½ Tbsp. baking powder
- ½ tsp. ground cinnamon
- 1 tart apple (cored and chopped)

Preparations

1. Preheat oven to 400 F.
2. Place six cupcake holders in a baking tin.
3. Add the milk and applesauce to a mixing bowl. Stir until blended.
4. Stir in the flour, oats, sugar, baking powder and cinnamon, and mix until moistened.
5. Gently stir in the chopped apples.
6. Spoon the batter into the tin.
7. Bake for 15-20 minutes.
8. Cool muffins in the pan for 5 minutes before serving.

Nutritional Information (per serving)

Total calories	125
Total fat	1 g
Protein	3 g
Sodium	133 mg
Carbohydrate	28 g
Dietary fiber	2 g
Saturated fat	0 g
Total sugars	14 g

Source: MyPlate