Sources: choosemyplate.gov, healthcare.gov, mayoclinic.org

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Every January, nearly half of Americans resolve to live better. Are you one of them? If you/ we set our sights on eating better, exercising more or taking care of yourself, you can make 2017 your best year yet — thanks to a little planning and a few simple changes.

YOUR ROUTE TO BETTER HEALTH

1 Be a plate planner

We know you’re busy. But taking just 15 minutes a week to plan healthy meals can save you from putting on weight and improve your calorie consistency foods. Another great way to control your diet is by taking the time to pack healthy food to work or stay home smart lunches.

2 Move more, move often

Whether your life and work have you on your feet most of the day or sitting for long periods, it’s important to get the 2.5 hours of weekly exercise recommended to prevent disease. This can include being active for just 10 minutes, three times a day. Ready, come on! Go for a walk with lunch, walk the dog after dinner. It check out these other ways to sneak in exercise at work or at home.

3 Protect yourself

Not all health changes are obvious. That’s why seeing a doctor regularly is so important. By following preventive guidelines and getting any needed vaccinations or screenings, you and your doctor can find any potential problems earlier — that’s the key to being treated sooner and having fewer complications in the future. Plus, most preventive care is covered at 100 percent when you use a network provider.

Three surprising benefits of exercise and nutrition

Exercising regularly and getting proper nutrition can help you lose weight and prevent conditions such as diabetes and high blood pressure. Plus, it can also:

1. Improve your mood
2. Boost your energy
3. Help you sleep better

Future You will thank you.

Thanks 2017 Me! Keep making good choices!

Coming next month: Foods that pack a preventive punch

The material contained in this article has been selected to provide background and useful information. It is not designed to replace either medical advice or medical treatment. Always seek the advice of a qualified physician or health provider for medical diagnosis and treatment.