



Wellbeing tip

## Manage your long-term health with simple habits

We hear the same recommendations about good health so often that it can be easy to tune them out. But as boring as some health tips may be, small habits can have big health benefits.

Some healthy lifestyle habits to help you reduce risks to your health:

- **Avoid smoking.** According to the American Cancer Society, your risk of heart disease is cut in half a year after you quit smoking. After five more years, the same goes for your risk of cancer.
- **Express gratitude.** Expressing gratitude is [linked](#) to lower rates of depression and healthier relationships. Starting a gratitude journal is an easy way to make gratitude part of your daily life.
- **Get proper rest.** Try to get at least seven hours of sleep each day. According to the National Library of Medicine, long periods of insufficient sleep have been linked to a wide range of health issues including an increased risk of hypertension, diabetes, obesity, depression, heart attack, and stroke.
- **Stay active.** Aim for at least five 30–60-minute sessions of moderate to vigorous physical activity each week. Staying physically active can [reduce](#) your risk of cardiovascular disease, depression, and diabetes.
- **Nurture healthy relationships.** According to the Mayo Clinic, people with social support tend to have lower blood pressure and fewer symptoms of depression.

When it comes to creating the conditions for good health, you hold more power than you realize. Focus on building healthy habits to protect your wellbeing and reduce your overall health risks.



Portal tip

## Save your favorites for later

Your wellbeing platform provides a database of recipes, workouts, and articles you can access at any time. But did you know that you can also save tasty meals, fun exercises, and useful articles to your Favorites for later? Just select **+Add to Favorites** to save the resource you're viewing to your profile page.

To view all your favorites in one place, hover over your profile in the upper right corner and select **Favorites**. When managing your Favorites, keep in mind that:

- Recipes, articles, and workouts you mark as Favorites will be listed in the order they were added.
- To search for an item or group of resources, filter your Favorites using the tags on the left of your screen.
- Click on the photo for a resource to go to its page.
- To remove an item from your Favorites, hover over its photo and de-select the heart icon.