

Healthy Minute

Take a Minute for Your Health



Prepared for you by



Sept 2020

Cholesterol

Your body needs cholesterol to make cell membranes, many hormones, and vitamin D but too much cholesterol puts you at risk for heart disease and stroke. High cholesterol has no signs or symptoms, so the only way to know if you have it is to get your cholesterol checked. Talk to your health care team about how you can manage your cholesterol levels and lower your risk.

Learn more by reading this month's spotlight and complete the monthly quiz for a chance to win a \$25 gift card:

www.JHMBHealthconnect.com/health-spotlights



How do I Start a Budget?

7 Quick Steps to Creating Your Budget

1. **Note your net income.** Identify the amount of money you have coming in.
2. **Track your spending.** Categorize your spending so you know where you can make adjustments. This will also help you decide where you want to spend your money and where to make changes.
3. **Allow for the unexpected:** Having an emergency fund or savings for those expenses that are likely to come up in the future.
4. **Set your goals.** Select your short and long-term goals. Your goals do not have to be set in stone, but identify your priorities before you start planning.
5. **Make a plan.** Use your past spending habits as a guide when trying to predict your expenses
6. **Prioritize:** Most financial experts would agree that top budget priorities are to keep up with housing-related bills, car payments, and basic living expenses.
7. **Redo your budget:** Make sure that everything is accounted for. Do not forget annual bill payments, entertainment, eating out, and online shopping.



Monthly Webinar Fixing Our Broken Sleep

Available Anytime, All Month

Presented by: Rick Clerici,
Claremont EAP



In this webinar, you will learn techniques for overcoming common sleep problems like "trouble falling asleep", "difficulty staying asleep", "excessive thinking", "waking too early", "Sunday night insomnia", "chronic insomnia" "shift-work difficulties" and "daytime sleepiness". You will hear about the latest population studies and the latest scientific discoveries of the foundational relationship between sleep and all areas of health. This hands-on presentation has helped many people to begin getting better sleep almost immediately. Guided relaxation exercises teach techniques for initiating sleep and returning to sleep.

Learn more and register online at:
www.JHMBHealthConnect.com/events

COVID-19 Resources

The Joint Health Management Board would like to remind you of key healthful resources to support you and your family's physical and mental health during this time. Here is our most recent update:

August 12 - Caregiver Resources When Kids Return to School from Claremont EAP: Claremont has compiled a list of helpful articles, videos, and webinars to support you as you juggle the demands of work while helping your children's distance learning in this age of uncertainty.

Be sure to visit the COVID-19 Resources section at www.JHMBHealthConnect.com for the latest benefits and informational updates.

The WellPATH Employee Wellness Program is a program of the Joint Health Management Board. Visit us on the web at www.JHMBHealthConnect.com or contact us at jhmbhealthconnect@yahoo.com.

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Healthful Tip: How Can I Start Eating Healthier Fats?

Focus on replacing foods high in saturated fat with foods that include monounsaturated fats and polyunsaturated fats.

Tips to reduce unhealthy fats:

- Check food labels and look for the amount of trans fat listed
- Limit saturated fat to less than 10% of calories per day
- Use oil instead of solid fats
- Eat fish such as salmon at least twice a week
- Choose lean meat and skinless poultry
- Snack on whole fruits and vegetables
- Include whole grains in your diet



Virtual Fitness Classes This Fall

WellPATH offers virtual fitness classes led by Pinnacle Training Systems certified instructors who have been trained to meet the needs of all fitness levels and skills. Classes are open to active employees, spouses, domestic partners, dependent children age 18+, early retirees, and Medicare-eligible retirees covered under the District's health benefit plan. **Beginners are welcome!**

Even though the live virtual fitness classes have ended, WellPATH still continues to offer the pre-recorded sessions weekly. All activities involve minimal equipment that can be done at home.

Pre-Recorded Sessions (new offerings weekly)

- **Circuit Training** – High intensity and high energy muscle conditioning focusing on those hips, thighs, glutes, and most important, creating a strong core!
- **Yoga for Fitness** – Engage in the flow of flexibility, strength, balance, and breathing all combined into one yoga flow giving your body the proper balance of relaxation and energy.

For more information and to sign up, visit: www.JHMBHealthConnect.com/group-fitness-classes.

**Group fitness classes are open to active employees, spouses, domestic partners, dependent children age 18+, early retirees, and Medicare-eligible retirees covered under the District's health benefit plan.*

