

# HEALTHY, STRONG & LEAN ~ IN 2015



*It's 2015! Does your new year's resolution center around themes of nutrition, fitness or healthy lifestyle habits?*

*Here are some resources from WSHG health providers to get you started.  
Happy New Year!*

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Harvard Pilgrim shares a valuable link to information regarding your **NUTRITIONAL NEEDS**. [Click here](#) to personalize a *daily food plan*. Once you submit your request, you will have access to *meal tracking worksheets* and the USDA "*SuperTracker*".

The "*SuperTracker*" offers many helpful tools, including:  
a Physical Activity Tracker, a Recipe Builder and Tracker, and a Goal Setting Option.

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**As you begin 2015, are you feeling RELAXED AND CALM?**

Did you know that quick tips such as: simply taking a deep breath, writing out your feelings or listening to soothing music can help you to relax and ease stress?

[Click here](#) and search "Stress Management" for additional tips from Tufts.

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**January is a good time to check your CURRENT HEALTH STATUS.**

Staying up-to-date with suggested preventive screenings, along with annual visits to your primary care provider, will keep you informed on your health and well-being.

[Click here](#) to review the "*Preventive Screening Guidelines for Healthy Adults*" that BCBS has outlined.

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Is adding more **PHYSICAL ACTIVITY** into your 2015 schedule part of your new year's resolution? What if there was a type of exercise that could be done at work or at home, did not require equipment, and the target goal of 30 minutes per day could be divided into three effective 10-minute segments?

If this sounds good, walking may be the perfect physical activity for you.

[Click here](#) to read Fallon's blog about the benefits of "*Walking in a Winter Wonderland*".

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