

SEPTEMBER WELLNESS



**TOPICS OBSERVED IN SEPTEMBER INCLUDE:
NATIONAL CHOLESTEROL EDUCATION MONTH &
NATIONAL YOGA MONTH**

Cholesterol Education: Cholesterol is a waxy, fat-like substance which your body needs. Your body makes cholesterol, and it is also found in many foods. High levels of cholesterol narrow the arteries, which increases the risk for heart disease and stroke. It is recommended that all adults over the age of 20 have their cholesterol checked every 5 years, which is done through a simple blood test. Check with your doctor, as this time recommendation may vary depending on individual circumstances.

Some lifestyle habits, indicated on the CDC website, that can help prevent or manage high cholesterol include:

- ~ Incorporating 2 hours and 30 minutes of moderate exercise every week.
- ~ Maintaining a healthy weight.
- ~ Not smoking.
- ~ Limiting alcohol to no more than 2 drinks per day for men, and 1 drink per day for women.
- ~ Eating a healthy diet. Some suggestions for a healthy diet include:
 - staying away from trans fats,
 - eating foods high in fiber,
 - getting plenty of fruits & vegetables.

For more healthy diet suggestions, and to learn more about cholesterol, click here: [Centers for Disease Control and Prevention](#), and search for Cholesterol.

Yoga: To practice yoga, you start where you are, and work from there. All levels benefit! Once you begin, you will notice the physical benefits of being active, as well as many additional mental and spiritual benefits.

For yoga month, the Yoga Health Foundation shared 10 reasons to practice yoga:

1. *Stress Relief*
2. *Pain Relief*
3. *Better Breathing*
4. *Flexibility*
5. *Increased Strength*
6. *Weight Management*
7. *Improved Circulation*
8. *Cardiovascular Conditioning*
9. *Focus on the Present*
10. *Inner Peace*

Yoga has been shown to improve the health and quality of life for many. Benefits range from helping with the efficiency of moving oxygenated blood to the body's cells (#7 improved circulation), to easing depression and insomnia (#1 stress relief), to reducing pain for people with cancer, arthritis and back pain (#2 pain relief).

To learn more about these benefits, and about yoga, click here: [Yoga Health Foundation: New to Yoga](#)
You will find the link to "10 Reasons for Yoga" at the bottom of the page.

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org
Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com