A TIME FOR LOVING KINDNESS

This is a time of year that we often focus on the many GIFTS in life. We celebrate with FAMILY and HOLIDAY fun. We encourage living with a grateful heart and celebrating the many gifts we have in life this month and all year long.

Making an effort to put more LOVING KINDNESS into the world is a great way to cultivate more gratitude in your life. Find ways to give back, give kindness but most importantly begin by giving yourself more loving KINDNESS.
SB’S TOP 5 WAYS TO MANAGE HEALTH

Foods with processed sugar and carbs must go to improve risks. This is one of the biggest culprits in the American diet, linked to many diseases, specifically diabetes and metabolic syndrome. For overall improved health and weight management, eliminate as many of these foods as possible.

Fruits and veggies are the only category of food that is identified as beneficial across all health outcomes. Make green leafy and non-starchy vegetables top of the list for good health.

Cut highly processed meats. If you are going to eat beef or pork, eat in smaller portions, less frequently and opt for grass fed and unprocessed selections. Highly processed meats like hot dogs, sausage and deli meats pose a big threat to heart health.

Getting regular exercise, especially aerobic exercise, supports lowered blood pressure, cholesterol, weight, improved energy level and mood.

Manage stress. High levels of stress can lead to sleep issues, overeating, and alcohol and drug use. Find more ways to relax.

KNOW YOUR NUMBERS AND TAKE ACTION

Our company is in its busiest employee health fair season. We are very fortunate to get to work with so many company groups in person this year, bringing greater awareness to individual health risk and well-being. If you have recently met with our team or your doctor to get results of your current health status, we encourage you to keep a balanced approach to change.

Now you know your numbers and have been told you are at risk, healthy, or need to act...What’s next? You should always keep a focus on healthy habits. Check out our top five habits that are key to preventing, treating, and controlling your risk factors.
CULTIVATING A LIFE OF GRATITUDE

Do you often find it easier to focus on the negatives in your day rather than the positive? To forget the compliments and remember insults more often?

What if you could train your mind to focus more on the positive people, comments and circumstances in your day? Think of how powerful that would be.

Gratitude itself is a practice of mindfulness and working on the two together can be life changing. Living more mindfully can actually help you become more grateful and vice versa. The ultimate goal of meditation and mindfulness is to be more present and find inner peace. When we are stressing about the past or worrying about the future it is hard to realize what we have to be grateful for right here, right now. This article can help you cultivate a life of gratitude and shift to a more positive outlook on all aspects of your world: FULL ARTICLE.
A TEAM APPROACH TO YOUR HEALTH

When you are trying to lower and manage your health risks, a team approach may be more effective. Health is very personal, and all aspects of well-being are interconnected. To make physical health improvements like lowered blood pressure or weight loss, attention needs to also be on your mental and emotional well-being. Therefore, a joint effort of support can be so much more effective. You may need the support of your doctor and their team, your health or wellness coach and the people who will support you day to day. Enlisting in and accepting the right support will improve your chances of long-term success.

"Alone we can do so little. Together we can do so much.”

HELEN KELLER

How to get the right support from each:

Work with your doctors and their staff by sticking to your appointments, tracking your own health and staying up to date on your medications. Trusting in the team of medical professionals you work with is an important part of managing health. Your health coach may also be able to assist you in asking the right questions.

Your health coach or dietitian can provide valuable support in areas of well-being that most need to be addressed. Making the connection between your daily habits, thoughts and actions and your health risks can be overwhelming. This is where a coach can support you the most, helping you to make gradual changes that will have lasting results.

Your loved ones can also be a huge determinant of your success. Let your family members and friends know what you are working to improve. Those who care about you want you to live healthier and happier and are typically willing to help.
WHAT 'CHECKING IN' WITH SB WELLNESS CAN DO

Here’s what our clients have to say ‘checking in’ on their health with SB Team did for them:

“The wellness program has been great for me. The quarterly check-ins have helped to keep me accountable. I have the best coach (Shannon) who really cares about me living a healthy lifestyle and also just shows genuine care in me as a person.” -Alliance Safety Council Employee Wellness Program Participant

“To be honest, I always assumed I was doing what needed to be done to keep my weight down, watch my blood pressure and cholesterol. Each session though, it kept creeping up. The SB Wellness Team would encourage me, but after my screening in November, alarm bells started going off and I was encouraged to see my doctor. Good thing! I got on a plan and I am sticking to it.” -BREC Employee Wellness Program Participant

“I quit smoking, I quit vaping and I’m off all medications. It’s been very difficult to say the least, but once I came to terms with that difficulty, I got it, but it was a team effort. I thank SB Wellness. Sometimes I wasn’t excited, but they kept asking me, what are you going to do to change these risks? And I thought about that. I realized it was up to me and I just started from there.” - BREC Employee Wellness Program Participant

SB Wellness Group, Inc.  
info@sbwellness.com 
www.SBWellness.com