



Investing in Your Health

Investing in Your Health is Investing in Yourself:

Prioritizing health living is the best form of investment anyone can have. Look at your current health habits and ask yourself: Are you incorporating nutritious foods that give you energy? Are you exercising regularly? Are you making sure you are giving yourself enough time to rest and sleep? Healthy living requires a tremendous amount of discipline, commitment and dedication but is achievable with mindfulness and awareness.



You only get one body, so taking care of it is essential for a happy and healthy life. So why not start investing in the thing that can keep you happiest, healthiest, and alive?

Preventive Care:

In the long run, prevention is both more effective and more efficient than a cure. As a result, people should make sure to receive preventive healthcare on a regular basis, which should enable them to pick up on potential issues for resolution sooner rather than later. This may come at a cost, but in the long run, healthcare is no exception to the rule that prevention is cheaper than the cure. Annual check-ups, immunizations, as well as certain tests and screenings are a few examples of preventive care. Along with these preventive measures, you should also practice self-care on a regular basis to invest in your own wellbeing.

Tips on How to Invest in Your Own Health:

Get Moving: The first step is to create and adhere to a realistic exercise plan. Working out on a regular basis is a great way for you to strengthen your body, while also enhancing your mood. If the body is used to being pushed to its limits, it will be much easier for it to fight off illness, disease, and infection. The [MayoClinic](#) recommends achieving 150 minutes per week in order to achieve health benefits. If exercise capacity is limited due to a health condition or impairment, the main message is to move more, because something is better than nothing.

Check Your Posture: If you are going to avoid any problems further down the line, it is important that you think carefully about the way in which you sit, walk, and carry yourself. Gentle exercise activities like Yoga and Pilates will help you strengthen your core and reduce the risk of developing back pain, aching joints, and stiff muscles later in life. With weekly ["Yoga,"](#) ["Yoga Break,"](#) and ["Stretch and Meditation"](#) classes, you can reflect, de-stress, stretch, and unwind after a long day at work.

Assess Your Diet: Another great way for you to improve your lifestyle is by evaluating your diet. Instead of allowing yourself to consume whatever you want, it is important that you are mindful of what you eat and drink. Start to ask to yourself: "Does my food fuel me and energize me? Am I getting the most out of



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what I eat and getting my daily nutrients? How do I feel after I eat this?" Join Chef Jen in her upcoming virtual cooking demos or cook along with Chef Jen through our [HealthyU Virtual Cooking Classes](#). For more one-on-one guidance, reach out to a registered dietitian nutritionist on STAR campus. Call or email to [make an appointment](#).

Take Digital Breaks: [Taking regular time away from screens](#) can boost mental and emotional health, improve sleep, and fend off the physical side effects of constant digital immersion, such as dry eyes and spinal misalignment from hunching over phones and computers.

Invest in Your Sleep Routine: If you want to get the energy you need, you must first determine whether or not you are sleeping enough. You can [use a sleep calculator](#) to determine it. Being mindful of your current sleep state will help determine which practices can provide you with a good night's sleep.

Create a Self-Care Routine: [Self-Care](#) encourages you to maintain a healthy relationship with yourself so that you can transmit the good feelings to others. Engaging in a self-care routine on a regular basis has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more.