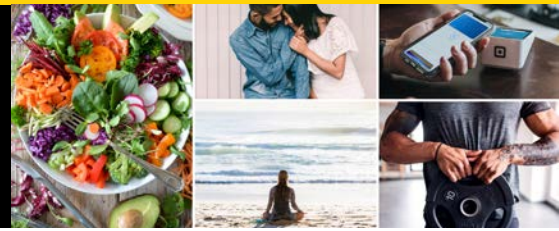


# Healthy Habits



## Healthy Habit: Invest in Your Well-Being

You've likely heard the saying "your health is your wealth." Thankfully, there are simple ways to invest in your well-being that can help you live a rich and healthy life!

- **Drink water.** Water does more than just quench your thirst—it's essential to keep your body functioning properly. Aim for drinking at least eight cups (two liters) of water every day. Try to drink most of your water throughout the day and avoid drinking too much at night, as middle-of-the-night bathroom breaks affect your sleep (another important investment in your health).
- **Eat healthfully.** Start with practicing portion control and stick to one plate's worth of food at meals. Ideally, your plate should be one-half vegetables, one-fourth lean proteins, and one-fourth whole grains. You should also aim to eat two to three servings of fruit per day, and incorporate healthy fats (e.g., olive oil, canola oil, salmon, nuts, eggs, avocado, yogurt, dairy) into your daily diet while avoiding trans and saturated fats, which are often found in junk and fried foods.
- **Exercise regularly.** The World Health Organization recommends at least 150 minutes of moderate-intensity physical activity (e.g., brisk walking, dancing, gardening) or 75 minutes of vigorous-intensity physical activity (e.g., running, fast swimming, playing basketball) or an equivalent combination of both moderate-intensity and vigorous-intensity physical activity on a weekly basis. Even if you can't hit that goal every week, getting in any amount of physical activity is better than none. Build more movement into your daily routine by parking your car farther back in the lot, taking the stairs instead of the escalator/elevator, walking to a coworker's desk to ask a question instead of emailing, etc.
- **Prioritize sleep.** For optimal health, most adults need between seven and eight hours of sleep each night. To help ensure you get enough quality shut-eye, try sticking to a consistent sleep schedule (even on the weekends); make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature; remove electronics (e.g., cellphone, TV, computer) from your sleep space; and avoid large meals, caffeine, and alcohol before bedtime.
- **Take care of your mental health.** Socialize regularly and make/maintain connections with others. Find support among family members and friends. If you're struggling with your mental health, consider undergoing a mental health screening and/or making an appointment with a behavioral health provider. Caterpillar's Employee Assistance Program (EAP) is a voluntary and confidential service provided to employees and eligible family members to help meet many different challenges at home and work. Service is available 24/7 online at [CaterpillarEAP.com](https://www.caterpillar.com/eap) or via phone at 1-866-CAT(228)-0565.

*Source: Dr. Patricia Guerra-Garcia, Independence Blue Cross*