



IN THIS EDITION:

- How Can a Nutritionist or Dietitian Help You?
- Be Your Best Slept Self
- Exercise Your Mind to Protect Your Brain Health
- Cancer Wellness Program Starting April 5
- Intuition for Well-Being

#NationalNutritionMonth



How Can a Nutritionist or Dietitian Help You?

Good nutrition is an important part of a healthy lifestyle, but good nutrition can be confusing, especially if you're managing a chronic condition like diabetes. To help support you, your nutrition, and your overall well-being, the Franklin County Cooperative health plan offers unlimited visits with an in-network nutritionist or dietitian covered at 100%.

A nutritionist or dietitian can help you:

- Live a healthy lifestyle through a personalized nutrition plan
- Manage chronic conditions (i.e., hypertension)
- Gain or lose weight
- If you are pregnant/trying to get pregnant or are breastfeeding
- Address digestive problems
- Navigate allergies and food sensitivities
- Identify strategies for picky kids
- Improve performance in sports

[Click here](#) to learn more about your nutrition visit benefits through the Franklin County Cooperative.



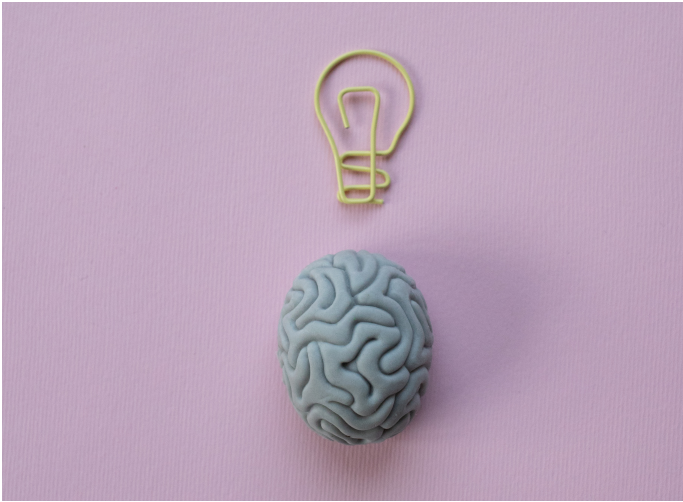
Be Your Best Slept Self

Getting a good night's sleep is important for both physical and mental health. In fact, research has linked insufficient sleep to the development and management of diabetes, cardiovascular disease, obesity, and depression. The American Academy of Sleep Medicine recommends that adults should sleep 7 or more hours per night for optimal health. But it's not just about the quantity of sleep -- quality is also important. Follow [these tips](#) to be your best slept self:

- Keep a consistent sleep schedule
- Turn off electronic devices at least 60 minutes before bedtime
- Don't eat a large meal before bedtime - If you are hungry at night, eat a light, healthy snack
- Exercise regularly and maintain a healthy diet
- Avoid consuming caffeine in the afternoon or evening
- Reduce your fluid intake before bedtime
- Avoid consuming alcohol before bedtime
- Sleep in a quiet, cool, and dark environment

For more information about various sleep topics, click on the links below to read the corresponding article from the National Sleep Foundation:

- [How is your sleep health linked to your mental health?](#)
- [A healthy night's sleep starts the moment you wake up](#)
- [The stress-sleep connection](#)
- [Good light, bad light, and better sleep](#)
- [The link between nutrition and sleep](#)
- [How to make a sleep-friendly bedroom](#)



Exercise Your Mind to Protect Your Brain Health

Taking care of our minds is just as important as taking care of our bodies – doing so can decrease your risk for certain brain disorders, such as Alzheimer’s disease. Just like physical health, lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important to your brain health. The Cleveland Clinic has outlined [Six Pillars of Brain Health](#) to help you keep your mind as healthy as your body.

1. Physical exercise
2. Food & nutrition
3. Medical health
4. Sleep & relaxation
5. Mental fitness
6. Social interaction

Most of these you’ve probably heard of, but what is mental fitness? It is one’s ability to think clearly and to make decisions effectively and efficiently. So how does one improve their mental fitness? Below are just a few of the many things you can do to exercise your mind:

- Read a book
- Do a puzzle
- Take a class
- Learn to play an instrument
- Try a new sport or group fitness class
- Play a board game
- Practice meditation
- Make a new recipe
- Complete a crossword or wordsearch

[Click here](#) to take the Cleveland Clinic’s free brain health assessment and for additional tips for improving your brain health across all six pillars!



Cancer Wellness Program Starting April 5

Are you someone who has been previously diagnosed, currently seeking treatment, or are caring for a loved one with cancer? If so, this supportive well-being program can help you understand how to manage and reduce the side effects of treatment, improve quality of life, and learn strategies to support yourself or a loved one during this challenging journey. Hear from experts, including exercise physiologists, registered dietitians, a Reiki Master, and more!

Wednesdays from 12-12:30pm from April 5 – May 24. Attend 6 of the 8 sessions to receive a \$50 Well-Being Activity incentive through ThriveOn’s *Wellness Your Way* program. [Click here](#) to register.



Intuition for Well-Being

Making lifestyle changes is no easy feat. With this Intuition for Well-Being program, you will become aware of how you can be your own advocate for change by tapping into the wisdom inside of you. Learn to listen to your intuition around how to feed and move your body and how to respond with care and compassion.

Tuesdays from 5:00-5:30pm from April 4 – April 25. Attend 3 of the 4 sessions to receive a \$50 Well-Being Activity incentive through ThriveOn’s *Wellness Your Way* program. [Click here](#) to register.