

AUGUST 2024

# PLAN FOR HEALTH NEWSLETTER

## THIS MONTH'S TOPICS:

- Family Health
- Financial Health
- August Recipe: Avocado Peach Salsa

### Family Health

With demands of busy work schedules, school activities, and other stress and distractions, it's a struggle for most people to get into healthy routines for themselves. However, one of the most important things caregivers can do for their children is promote a healthy lifestyle and make family health a priority. Children aren't likely to change their habits on their own, so it's up to us as parents to make it easier for the family to make healthier choices.

Ways to keep your family healthy include:

- **Eat meals together.** Eat a well-balanced meal as a family whenever possible. Have the kids pick healthy foods at the store and allow them to help prepare the food. This is also a great way to improve family bonding.
- **Practice good sleep hygiene.** Adequate sleep can support fighting off infection, healing, concentration, memory, and mood. Make bedrooms sleep friendly and stick to a sleep schedule.
- **Take technology breaks.** Limit screen time for your kids to no more than 1-2 hours daily. Don't allow cell phones or TV during mealtime and turn off all electronics at least 30-45 minutes before bed.
- **Get active as a family.** There are plenty of ways to get in exercise as a family like taking an evening walk, going on a bike ride, playing catch, swimming, and even gardening are a few examples



- **Schedule regular health checkups.** Make sure the whole family is staying on top of their well visits and are up-to-date on vaccinations and screenings.
- **Simplify your family schedule.** In today's world, we're expected to do it all. We rush around trying to fit in all activities and obligations. But this non-stop lifestyle isn't sustainable or healthy. As a person and a parent, you have a choice in how busy you become. Try to prioritize your families' activities so you'll have more time for things that are truly important and matter.
- **Schedule a family night.** Designate one night a week as "family night" and plan an activity to do together. Rotate who gets to choose the activity each week to ensure everyone's interests are included.
- **Live by example.** We need to do the best to walk the walk. If we want others to lead healthier lifestyles, then we need to show them and model that behavior.



## What is Financial Health?

- Ability to manage expenses.
- Being prepared for any financial shocks while also having the ability to recover from financial setbacks.
- Having minimal debt.
- Being able to save and build wealth.

Our financial health can be a major life stressor as well as having a great impact on our mental well-being. While being mindful and practicing good behaviors such as monitoring your financial status and creating a conscious spending plan based on your values and lifestyle, you can keep mental and financial stress at bay and work towards your goals.

### The Importance of Financial Health

One area that should not be overlooked when thinking of our well-being is our financial health and how prepared we are to meet different financial needs. Health has a variety of definitions and meanings but is mainly recognized as a state of complete physical, mental, and social well-being. A person is said to be healthy when they are free of any disease or infection, are mentally happy and healthy, and have healthy social relationships in society.

#### Program Highlight: Family Fun for All Ages

Finding the time and energy to spend meaningful time with our family can be tough! We created this program to give activity recommendations for families with younger children, but all of them work just as well for adults-only families who are kids at heart!

Each family is unique, and the things you do to bond and be happy together will be special for different types of families. When we say "family," it's for any group of individuals who love and care for each other, and can include partners, spouses, children, parents, grandparents, and many others. Go to your member app or website and explore the Program Library on the Journey tab to learn more.



## How to Make the Most of Your Finances

When it comes to our finances and money, we must think of how we budget, spend, save, and invest. Also, be mindful of your debt and how it can be paid off.

There are many ways one can manage their financial health:

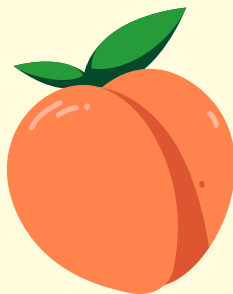
- **Create a budget:** Many of those dealing with financial stress may have trouble with budgeting; they may not feel in control of their money and spend impulsively. Having a budget in place is a great first step to start having healthy money habits.
- **Track where and how you spend:** This can be helpful in not overspending and knowing the areas in which your money is going.
- **Save! Save! Save!** Many people who do not have money in savings may stress or worry about their financial situation. Some ways one can put money away for the future include a 401k plan, a 403b plan, Individual Retirement Accounts (IRA's), savings accounts, and money markets.
- **Having Good Credit Habits:** Working to improve your credit score can help set up a brighter financial future. Paying bills on time, watching your credit limit, establishing credit history, and understanding your credit score are helpful in your financial and credit health.
- **Support Resources:** Be aware of additional support through Financial Advisors, free resources such as an Employee Assistance Program (EAP), online tools, and apps.

# August Recipe: Avocado Peach Salsa

**Total Time: 15 Minutes**

**Ingredients:**

- Peaches
- Avocado
- Corn
- Red onion
- Jalapeño
- Cilantro
- Lime juice
- Salt & pepper



**Instructions:**

1. **Chop the produce.**
2. **Toss it together. Add everything to a bowl and toss it well so that the salsa is evenly mixed.**
3. **Taste & adjust. Be sure to give your avocado peach salsa a taste before serving and add more salt and pepper as needed.**

**Tips:**

- This peach salsa recipe is the perfect pairing with your favorite tortilla chips, but there are so many more delicious ways to enjoy it. Use it on top of fish or tacos, pair it with grilled chicken or add it to tostadas or burrito bowls.
- Store any leftover peach salsa in an airtight container in the refrigerator for up to 3 days. The lime juice helps the avocado stay nice and green.



Stay tuned for September's topics:  
Social Health and Mindfulness

