

# BE WELL

with

Living  Well



## EAT WELL

### Five Ways to Get More Fruits and Veggies!

- 1 Blend into smoothies**  
Throw a few handfuls of spinach into your fruit smoothies. If you're feeling really adventurous, you can even try adding steamed, then frozen, cauliflower, zucchini, or sweet potato!
- 2 Sneak them in if you have to!**  
Don't like the taste but want the nutrients? Use a food processor to finely chop veggies to add to sauces, soups, meatballs, or lasagnas or just finely chop them with a knife!
- 3 Make it a habit.**  
When putting together a meal, do a quick check. Do you have any fruits or veggies? If not, throw in something easy, like leafy greens. They are super versatile and packed with nutrients!
- 4 Little bits add up.**  
Add a slice of tomato, spinach, or avocado to a wrap or sandwich. Try onions and mushrooms in a scramble. Top your oatmeal with berries. Or, swap out spaghetti squash for noodles.
- 5 Figure out fruits and veggies you actually like.**  
Make it a goal to experiment in the kitchen and prepare dishes you like. Try different sauces or spices, raw versus cooked--you won't know until you try!

Healthline.com. 17 Ways to Eat More Vegetables. <https://www.healthline.com/nutrition/17-ways-to-eat-more-veggies>. Accessed 06/04/2024. Verywellfit.com. How to Get More Fruits and Vegetables Into Your Diet. <https://www.verywellfit.com/getting-more-fruits-and-vegetables-in-your-diet-2506856>. Accessed 06/04/2024.

## SLEEP WELL

### Improve Your Sleep Hygiene

#### Sleep schedule

Creating a habit around this will help to signal to your body that it's time to wind down. Think about what your sleep schedule looks like—do you have a routine, do you go to bed at the same time each night, do you read or practice mindfulness? What does it look like for you?

#### Bedroom Atmosphere

Do you have a lamp that you can use instead of an overhead light so it's darker in your room to start your melatonin production? Do you need to sleep with a window open? Is your room cool enough? Does it get dark enough in your room? Try opening a window, turning down the temp, or getting an eye mask.

#### Don't Check the Clock

If you get up in the night, avoid looking at the clock because you might start thinking you have a certain amount of hours until you get up. This can get you thinking about your day, and the next thing you know, you're wide awake!

Sleepfoundation.org. Stress and Insomnia. <https://www.sleepfoundation.org/insomnia/stress-and-insomnia>. Accessed 06/04/2024.

## MOVE WELL

### Get Fit in 5! 5 Exercises, 5 Reps, 5 Minutes.

- ✓ 5 JUMPING JACKS
- ✓ 5 STRAIGHT LEG SWINGS EACH SIDE
- ✓ 5 STANDING CALF RAISES
- ✓ 5 LATERAL LUNGES EACH SIDE
- ✓ 5 WALL PUSH-UPS



For more information on executing these and other exercises, visit the [ACE Fitness Exercise library](https://www.acefitness.org/exercise-library).

## EAT STEP SLEEP

- ✓ Track 800 calories and earn 10 points daily.
- ✓ Track your steps and earn up to 10 points daily.
- ✓ Track your sleep and earn 5 points daily.

**GASTLIGHT QUESTIONS? CONTACT A CARE GUIDE**

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