

YOUR CARE POLMED

April 2021



Four daily habits for a healthier home



Good health starts with healthy habits at home. When parents set a good example, their children are likely to follow.

According to research, good lifestyle choices can help to prevent 40 million cases of chronic illnesses, such as heart disease, diabetes, stroke and cancer, a year.

Below are four simple ways for you and your family to maintain long-term health.

1 Lead by example through balanced eating

If children see their parents snacking on chips and sweets, they're not going to want to eat their veggies. Add more legumes, nuts and whole grains to your diet, and make it fun by introducing new vegetables to the menu or cooking together.

2 Don't eat in front of the TV

By practising mindful eating during family meals, you're less likely to overeat, which can increase your risk for obesity and type 2 diabetes. Limit distractions such as TV, cellphones and other technology when eating.

3 Avoid sugary drinks

Fruit juices and cool drinks can increase the risk of heart disease and type 2 diabetes. Instead, stick to water and aim to drink around 10 to 12 cups per day.

4 Don't lie around

As comfortable as it is to lounge on the couch, a sedentary lifestyle can double the risk of early death. By involving the family in cleaning the house, having a dance party or running around the backyard, you can improve your health and theirs.



Habits can either be good or bad for your health. Make the right choice for you and your family today by adopting habits to help build a healthier lifestyle.

References:

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If you have any questions or need more information, please call POLMED on 0860 765 633 (select the option for the Disease Management Programme), or send an email to polmeddiseaseman@medscheme.co.za with your membership number and contact details.