

Up The Hill®

A Magazine for Estrella & CantaMia Residents



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From your neighbors, for your neighbors

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Healthy Life Choices

addiction, pursue a career, and feel physically and mentally healthy.

Do you want to be healthier and have a new outlook on life? Making your health a priority may seem complicated, but it doesn't have to be. Follow these easy steps to get you started on your health journey.

Drink More Water

While you may be tired of being told to drink more water, it is essential for your body and can promote your health in many different ways. Staying hydrated can help lower your blood pressure, aid digestion and improve your physical performance. Drinking water can also help with weight loss, whether consumed before a meal or replacing sugary drinks and sodas. According to a 2018 study, dehydration can also lead to depression, proving that water benefits are not just physical.

Prioritize Mental Health

After a challenging year like 2020, it is essential to maintain your mental health as much as you do your physical health. Health and wellness counselors can help, too. Programs like InSHAPE® from Southwest Behavioral & Health Services promote physical, mental, and emotional well-being. They allow participants to hold themselves accountable with weekly sessions and quarterly assessments with free, certified health mentors.

Health programs like InSHAPE go deeper by not only making participants more mindful of their health choices but boosting their confidence and improving their self-esteem as well. These improvements can significantly impact other parts of their life. Members have said that the program has helped them beat

Eat Breakfast

Breakfast is the most important meal of the day, and it's not just for kids. Regardless of your age, breakfast is vital for brainpower, can improve weight control, and makes you less hungry throughout the day. The most significant benefit of eating breakfast is the energy boost. While it can be hard to get out of bed in the morning, having breakfast helps fight off sluggishness and jumpstarts your day. While you may feel like you never have enough time for breakfast in the morning, there is an abundance of easy and fast breakfast recipes available online.

Your health can be tricky to navigate, and significant changes can be overwhelming. Remember to start small and build your way up over time. If you need any help along the way, we're here for you.

Submitted by Marcie Herzog, director of high-risk populations and the InSHAPE program at Southwest Behavioral & Health Services. More information is available at www.sbhservices.org.



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