SIX EASY WAYS TO BE HEALTHIER EVERY DAY

Fact: Wellness is more than eating right and going to the gym. It's doing small things to improve the way you feel every day.

Here are six things that can help you feel better today— and lay the groundwork for a healthier tomorrow.
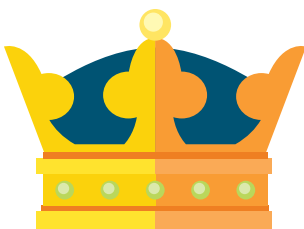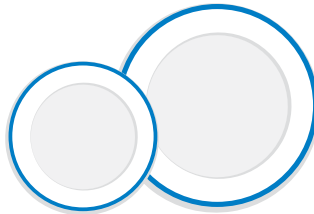
1 Recover from a poor night's sleep with a 30-minute nap.

Catch a quick catnap at lunch. You'll wake up feeling refreshed—and help lower your risk of health issues like heart disease.

2 Take a stand for your health.

Sitting all day kills your energy levels and increases your risk of disease. Energize your mind and body by standing up and walking around once every hour.

3 Combat overeating with a smaller plate size.

Trick your eyes and your stomach by serving your food on a smaller plate. You'll feel more satisfied with less food, plus you'll be able to avoid the drowsiness of overeating.

4 Be active without hitting the gym.

If going to the gym is getting you down, find smaller, more enjoyable ways to stay active (such as running up the stairs instead of taking the elevator). You'll feel more motivated and focused throughout the day.

5 Boost your confidence with power poses.

Beat stress and be at the top of your game. Strike a "power pose" (such as standing confidently with your hands on your hips) for two minutes. You'll perform better—and feel better too.
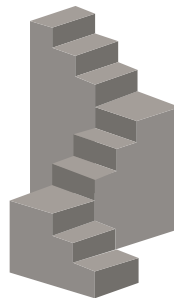
6 Improve your heart health by flossing.

You know you should probably floss more. What you might not know is it can improve your heart health. Enjoy a clean feeling and better health by flossing daily.

DENTAL FLOSS

Want more tips on how to live healthy? Check out **ExcellusBCBS.com/LiveFearlessNation.** And if you're already a member, log into your member portal to earn money with HealthyRewards®.