

*Enjoying a  
Long, **Healthy**  
Retirement*

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# Starting with the Basics

## Your Body:

- Nutrition
- Physical Activity

## Your Mind:

- Handling Stress
- Relationships
- Faith/Religion/Spirituality

## Your Environment:

- Work/Volunteer
- Home
- Play



Nutrition is only one piece of the puzzle – your body is part of a system.

It's about the Whole person!



**“You’ve got a rare condition called ‘good health’.  
Frankly, we’re not sure how to treat it.”**

# Rocket Science?

## *Do you know?*

- That you should be active each day?
- That you should eat lots of fruits and vegetables and whole grains?
- That you should get more sleep?
- That you should spend more time doing the things you love?
- That you would feel better if you did so?
- That you live longer and happier when these things are a part of your life?

# As we age...

- Many chronic conditions can be delayed or PREVENTED by our lifestyle choices.
- KNOW your numbers!
- Cultivate a good relationship with your healthcare provider.
- Cultivate a good relationship with your gym shoes...

# Did you know...

- KEY: Knowing where you stand.
- Members of the State of Montana health plan can get their cholesterol, (good cholesterol (HDL), bad cholesterol (LDL) and Triglycerides), blood sugar and more checked FREE by participating in the health screenings. The complete schedule can be found at:
- [www.benefits.mt.gov/wellness.mcpix](http://www.benefits.mt.gov/wellness.mcpix)
- *Schedule your regular check up closely following your screening so labs do not have to be re-run, and you can ask questions and work with you doctor to correct any numbers that are not normal.*

# Healthy Eating

- “Healthy Eating:” a life-long way of eating that supports the best health for you.
- Focus on what TO eat.
  - Whole grains, fruits and veggies, beans, nuts, fish, lean protein, low-fat dairy.
- Think balance at every meal. Breakfast – whole grain, protein, fruit. Lunch & Dinner – whole grain, protein, fruit and vegetable.

# Did you know...

- KEY: Using reliable resources.
- You have access to a whole list of resources for “self-driven health:”
- [www.benefits.mt.gov/wellness.mcpix](http://www.benefits.mt.gov/wellness.mcpix)



# *Managing Health Conditions*

- Many of us already deal with health conditions
- You can improve your quality of life by the choices you make every day.
- Are these choices any different for a person who has diabetes, cardiovascular disease, joint issues, or sleeping problems?



# Did you know...

- KEY: Managing your health conditions.
- Members of the State of Montana health plan have access to FREE Employee Assistance Program (EAP) benefits including:
  - counseling services;
  - health coaching;
  - weight management;
  - tobacco cessation;
  - diabetes management; and more.
- [www.benefits.mt.gov/wellness.mcpx](http://www.benefits.mt.gov/wellness.mcpx)



# *4 Keys to Success*

## Getting to and Maintaining a Healthy Weight

1. Low-calorie diet
2. Regular and varied exercise
3. Very little (1hr. or less/day) television.
4. Eating Breakfast EVERY day



*Unlock your potential*

# Did you know...

- KEY: Staying Active.
- Retirees may participate in the Spring Fitness Program, and many gyms give discounts to retirees upon request. Remember, you also have access to FREE health coaching!
- [www.benefits.mt.gov/wellness.mcp](http://www.benefits.mt.gov/wellness.mcp)



# Healthy Eating Tips

*How many calories do you need?*

[http://www.caloriesperhour.com/index\\_burn.php](http://www.caloriesperhour.com/index_burn.php)

1. Concentrate on lean protein at EVERY meal and most snacks.
2. Use small serving dishes & utensils.
3. Drink lots of water throughout the day. Have a full glass of water (with lemon as you choose) with each meal.
4. Eat consistently throughout the day.
5. Eat consciously – don't multi-task – savor your food.
6. Eat foods that have lots of liquid (like soup) or lots of veggies (like salad).
7. Put the food away! Out of sight, out of mind.

# Activity Tips

- Cardiovascular Training: 30-60 minutes, most days of the week
- Strength Training: 2-3 times per week
- Stretching and Flexibility: most days of the week

*Short on time? Combine strength training, cardio and flexibility into one workout to get more results in less time.*

# *Get Active!*

- Movement - Playing - Games -  
Walking - Yard Work - (psst...sex) -
- Taking the Stairs - Bicycling -
- Group Exercise Class - Yoga -
- House Cleaning - Swimming -  
Dancing - More...

# Other Important Bits

- Sleep
- Stress
- Time Management
- Finances
- Mental Health
- Social Activities

*Remember – it's about YOUR whole person!*

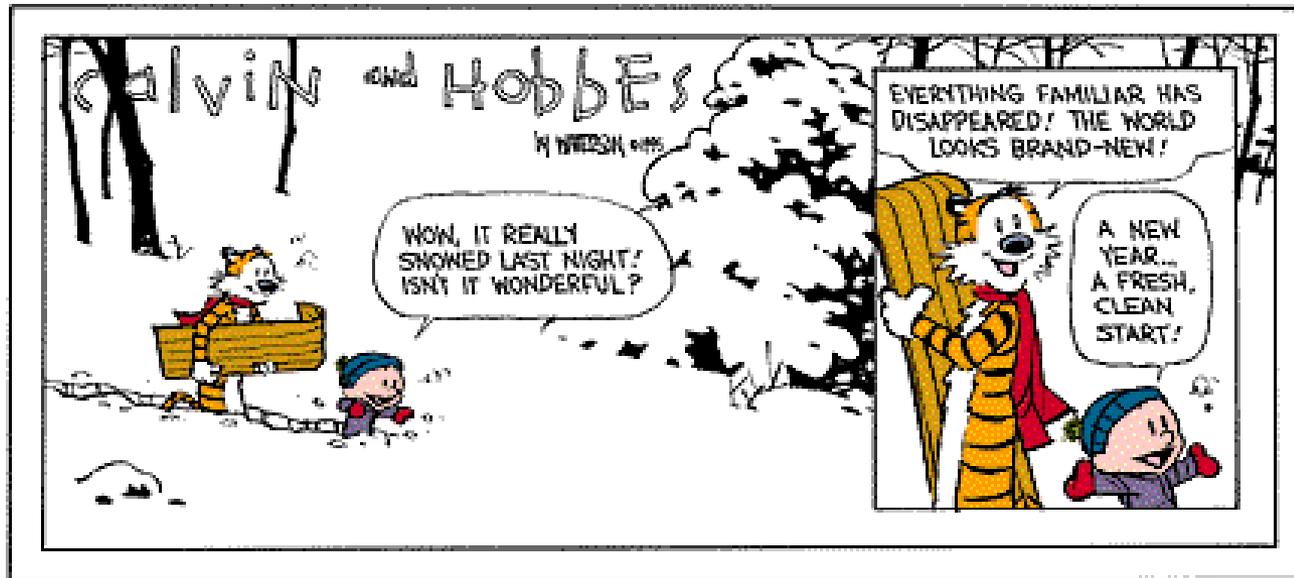
# *In Summary*

- Don't smoke, and if you do, quit.
- Aim for a healthy weight.
- Get moving.
- Eat for health.
- Know your numbers.

*If you stay on the plan, take advantage of your  
State of Montana benefits!*

# Stretch Break

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*Thank you!*

*Happy Retirement!*