
Health-E-Tips for November/December 2010

1 message

Medical Mutual of Ohio and its Family of Companies <member@mmoh-email.com>

Mon, Nov 8, 2010 at 3:09 PM

Reply-To: Medical Mutual of Ohio <reply-fe65167577640079751d-17043288_HTML-294711398-10154032-0@mmoh-email.com>

Medical Mutual Presents: SuperWell Health E Tips

[Log In to My Health Plan](#)

November 2010

Fighting the Winter Blahs

As the days grow darker, does your mood grow dark, too? Seasonal affective disorder (SAD) is brought on by winter's shorter days and harsh weather. Health experts believe the main cause is the lack of daylight and sun exposure.

A hearty laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.

The symptoms of SAD usually appear around the same time every year and tend to go away when spring arrives. Common symptoms include weight gain, fatigue, irritability and loss of interest things you usually enjoy.

While you can't stop the days from being dark or cold, you can fend off SAD with these easy tips:

- Make your home as bright as possible by opening blinds or curtains.
- Get outdoors whenever the sun comes out, even for a few minutes.
- Exercise regularly. Exercise boosts natural brain chemicals that help lift your mood.
- Get enough sleep, eat a balanced diet and avoid depressants like alcohol.
- Socialize with people you enjoy. "Cabin fever" can make symptoms worse.

We all know how important cardio is, but don't forget strength training. Weight-bearing activity keeps your bones and muscles strong and improves your balance.

New Newsletter for 2011

In 2011, Health-E-Tips and our monthly Member E-Newsletter will be combined. The new monthly newsletter will provide you with a wider range of helpful information about wellness and benefit management tools.

Don't skimp on seasoning. Herbs and spices not only enhance the flavor of your cooking, they do so without adding fat or sodium to your dish.

[Privacy Policy](#)

[Unsubscribe](#)

[My Health Plan](#)

Disclaimer. The information on this Newsletter and any links are for your information only and do not take the place of, or is intended to be substitute for professional medical advice, diagnosis or treatment from your healthcare professional. Any services recommended or provided by your healthcare professional may not be covered under the terms of your benefit plan. Eligibility and coverage are subject to the specific terms of your benefit plan.

© 2010 Medical Mutual of Ohio® All rights reserved.

This email was sent by: **Medical Mutual Of Ohio**
2060 East Ninth Street Cleveland, OH, 44115, USA
