



Home is where health starts: Register for Wellness at Home today

Wellness at Home is a series of six colorful emails filled with practical tips to help you and your loved ones make healthy lifestyle changes – at home.

Whether it's scheduling appointments, driving your children to after-school activities, arriving for an early meeting or ensuring that you meet a project deadline – balancing work and home life is a challenge.

Often, our daily responsibilities make it difficult to take the time to make wellness a priority in our lives.

Despite our busy schedules, home is where health and wellness start for everyone. From your grandparents to your niece — even the dog — the new Highmark Wellness at Home program is available to help you and your family incorporate health and wellness into your daily routines.

Health and wellness for the family

Wellness at Home is a series of six weekly emails filled with practical health and wellness tips for the whole family.

Each issue includes the following topics:

- **Wellness Champion** – Learn how to be a Wellness Champion who motivates and challenges loved ones to take an active role in their health and wellness.
- **Table Talk** – Try these simple strategies to sit down, enjoy a home-cooked meal and connect with family and friends.
- **The Pursuit of Exercise** – Discover small changes that can make exercise and movement an enjoyable part of home life.
- **Kidz Korner** – Teach children new ways to make health and wellness a fun family affair.
- **Family Makeover Challenge** – Motivate loved ones to get healthy with these exciting challenges.
- **Weekly Recipe**- Support Wellness at Home by using these healthy alternative recipes for meals and snacks.

Participants also may register for optional weekly text messages that will inspire them throughout the program. To opt-in to text messaging, text "wellness2" to 465-465. Standard text messaging rates apply. You may opt out of the text messages at any time.

Registration and program dates

[Register now](#) through **Friday, March 22**.

Wellness at Home will be emailed weekly, from Monday, April 1 through Monday, May 6.

For more information about Wellness at Home, email Maryrose Wilson at mwilson@ship.edu.

Did you know?

According to a 2004 [University of Minnesota study](#) published in *The Archives of Pediatrics & Adolescent Medicine*, frequent family meals may improve the health and well-being of adolescents.