



BalanceHealthSM Newsletter

February 2013 | Written by the wellness experts at eni



Healthy Relationships

Between Valentine's Day and American Heart Month, February has become the unofficial month of love and relationships. Our close relationships tend to have a significant impact on our lives. The Framingham Heart Study under the direction of the National Heart, Lung and Blood Institute (NHLBI) suggested that social networks are important in behavior change and decision making by analyzing smoking and obesity.

This comprehensive study, that started way back in 1948 and continues to this day, has a wide variety of fascinating results. Among them, the study found that the chance of becoming obese increases by 171% when someone has a friend who is obese. It also found that smokers tend to successfully quit in groups, not in isolation, while those who continue to smoke go on to form new social circles with other smokers. These results shed light on the fact that the habits and lifestyle choices of our loved ones have the potential to impact our own choices and vice versa.

Maintaining a healthy lifestyle can be difficult at times, so why not use this research and focus on including healthy

activities in your relationships. It may be easier to stick with a diet, exercise, or even stress reduction program if you're going through it with a buddy!

Although enjoyable, spending time with loved ones doesn't have to revolve solely around food and watching TV. Instead, incorporate some of the following suggestions into your relationships. They can lead to a healthier lifestyle, are lots of fun and can be done with a romantic partner, friends, or family:

Try a Group Exercise Class

There are so many options to choose from and group classes are less intimidating when you go with a friend. If you like dancing try Zumba or Barre class, if your into something more physical try Kickboxing or self defense, if you want to really sweat try a boot camp, if you love to ride a bike try spinning, or if you want to relax try yoga. The possibilities are endless. Mix and match until you find something you like.

Become a Local Tourist

Walk, bike, or hike around your town

For more information or advice about healthy relationships contact your Wellness Coordinator by calling:

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





or city. Exploring your own backyard with a loved one can be so much fun! You could bike around the perimeter of your town, choose a different 5 mile radius to walk and explore each week, hike through a local wilderness area, take a walking tour of any local museums, shops, or landmarks, visit and utilize local parks and recreational facilities.

Volunteer Regularly

Choose a charitable buddy and make a weekly or monthly date to donate your time. Have a passion for the environment, helping needy families, saving abandoned pets, enriching children's lives? There are so many great charitable organizations that you are sure to find that matches your interests. Making the world a better place and helping those in need will make you feel great. As an added benefit you could incorporate some fitness into your altruism by supporting a charity that requires you be physical – building houses, planting gardens, coaching a child's sport team, etc.

Expand your Mind

Give your brain a workout and ask an open-minded friend if they would like to start a book club, take a class at a local community college, go to a poetry reading, learn to play an instrument, check out a planetarium, start gardening, learn a new language, etc. Trying something new with a friend always makes it more fun!

Revise Happy Hour

Most adults are extremely busy; leaving weekly happy hour as one of the only times we can regularly get together with friends. Instead of meeting at a bar to eat greasy food and consume calorie heavy drinks, rotate each week and meet at someone's house. Everyone can bring a healthy snack or appetizer like hummus and veggies, or homemade crab cakes to snack on and sip some homemade lighter versions of mixed drinks, red wine, or champagne. Or if you really want to be healthy, replace the alcoholic drinks altogether and sip on tasty smoothies!

Provide Encouragement

Striving to live a healthy lifestyle can be challenging and full of roadblocks. Therefore it can be so helpful to recruit a partner in your quest for better health. If you're starting a new fitness routine, trying to quit smoking, struggling to lose weight, or even trying to cope with a loss, it's nice to have someone by your side who understands what you're going through. When there is someone to listen to your concerns, encourage you to reach your goals, sympathize with your struggles, and take action alongside you, there may just be a higher likelihood for success.

On the road to better health it's always nice to have a partner....or two....or three.....

For more information or advice about healthy relationships, contact your Wellness Coordinator by calling
1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.