

HEALTHY *You!*

Your Source for a Happy and Healthy Lifestyle

December 2025

THIS EDITION FEATURES:

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AmeriHealth
Administrators



Year-End Reflections



As the year winds down, it's a good time to reflect on your work achievements, personal milestones, and well-being. How did you care for your mind, body, and spirit this year? Which habits helped you feel energized, balanced, and resilient? Where are there opportunities for improvement?

Reflection is more than looking back; it's a powerful tool to help fuel your future. According to the University of Rochester Medical Center, self-reflection helps reduce stress, improve mood, and increase self-awareness. Taking time to process your year gives you a chance to acknowledge wins and understand setbacks. It also helps you gently realign with your values and goals as you go forward into the new year.

Dedicate 15 – 30 minutes to check in with yourself. Try journaling or simply thinking through questions like:

- **Which habits energize me?**
- **Which habits drain me?**
- **Which boundaries help protect my peace?**
- **Which wellness routines do I want to carry into the new year?**

You don't have to dramatically overhaul your life. Small habits like taking a daily walk, setting screen time limits, carving out quiet mornings, or keeping a consistent sleep routine can have a big impact over time.

Aim for progress with self-compassion and grace. Reflection isn't about perfection; it's about clarity, kindness, and building a life that supports your well-being.

Make reflection an ongoing practice, not just a once-a-year event. Take the time to listen to what your body and mind need. Regular check-ins can help you move through life with purpose, peace, and the energy to grow and thrive.

Sources:
greatergood.berkeley.edu
health.harvard.edu
urmc.rochester.edu





MODERATION, *not Deprivation*

Moderation isn't about cutting out everything fun or being overly strict with your habits. It's really about balance. Moderation means finding the middle ground between "too much" and "not enough," especially when it comes to food, screen time, exercise, work, and rest.

For example, having a cookie after lunch isn't "bad." Enjoying treats occasionally helps support a healthy relationship with food. The same goes for work: staying late once in a while might be necessary, but consistently skipping breaks or pushing through exhaustion isn't sustainable. When we practice moderation, we aim to meet our needs without overdoing it.

Being mindful can help you define moderation. Check in with yourself before acting on habits or impulses. Are you truly hungry or just bored? Do you need to push through this task or would a 10-minute walk improve your focus?

Living in moderation doesn't mean giving things up completely. It means choosing things that add value to your life and letting go of the rest.

Sources:
[cdc.gov](https://www.cdc.gov)
[nih.gov](https://www.nih.gov)



SMART SIPPING



Your morning cup of coffee can do more than just wake you up. Coffee can also offer surprising health perks! It contains antioxidants and essential nutrients like B vitamins and potassium, which can support brain health, improve mood, and even lower the risk of type 2 diabetes and certain cancers.

Coffee has caffeine, which can boost alertness and enhance physical performance. If you're sensitive to caffeine, opt for decaf or stop drinking after 2 p.m. to protect your sleep.

Limit yourself to three cups of coffee a day, but be mindful of how much sweetener and heavy cream you add.

Enjoyed in moderation, coffee can be part of a healthy lifestyle.

Sources:
harvard.edu
nccih.nih.gov





RECIPES

Almond Milk Latte

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Ingredients

- 1 cup brewed coffee
- ½ cup unsweetened almond milk
- ½ tsp. vanilla extract
- 1 tsp. honey or maple syrup (optional)

Instructions

1. Heat milk and vanilla extract in a saucepan or microwave until warm.
2. Froth milk using a frother or whisk.
3. Pour coffee into a mug and add sweetener.
4. Top with frothed milk.

Source:
ramphealth.com

Cinnamon Cold Brew

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Ingredients

- 1 cup cold brew coffee
- ¼ cup unsweetened oat milk
- ¼ tsp. ground cinnamon
- 1 tsp. honey or agave (optional)

Instructions

1. Fill a glass with ice.
2. Add cold brew coffee, milk, and sweetener.
3. Top with cinnamon.

Spiced Mocha

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Ingredients

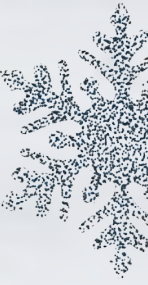
- 1 cup brewed coffee
- ¼ cup unsweetened almond milk
- 1 tbsp. unsweetened cocoa powder
- ¼ tsp. ground cinnamon

Instructions

1. Mix cocoa powder and cinnamon.
2. Warm milk over low to medium heat.
3. Add the cocoa and cinnamon mixture to the milk. Froth if desired.
4. Pour coffee and milk into a mug.
5. Add sweetener of choice, if desired.



Winter Weather Glow Up



Cold air, dry heat, and icy winds can leave your skin feeling tight, flaky, and itchy. Keep your skin soft and healthy all season long with these tips:

- **Eat balanced meals.** Focus on fiber, protein, and whole grains.
- **Take a lukewarm shower and use a gentle, hydrating cleanser.** Long, hot showers may feel amazing, but they strip your skin of natural oils.
- **Use a thicker, fragrance-free moisturizer.** Apply it within a few minutes of bathing to seal in hydration.
- **Apply sunscreen.** Ultraviolet rays can damage your skin even during cold months.
- **Hydrate.** Drink water throughout the day and run a humidifier to combat dry indoor air.
- **Dress accordingly.** Soft, breathable fabrics like cotton are gentle on dry or irritated skin. Layer up to protect skin from the winter chill.

Sources:
[aad.org](https://www.aad.org)
[nih.gov](https://www.nih.gov)



Stay One Step Ahead of *Identity Theft*

Identity theft doesn't just affect your credit score — it can seriously impact your mental and emotional well-being. The stress of financial fraud, lost personal information, and repairing credit damage can take a toll. But a few mindful habits can go a long way in keeping your identity safe:

- Create strong, unique passwords for each account. Avoid using personal details like your birthday or pet's name.
- Enable two-factor authentication for an extra layer of protection.
- Be cautious about what you share on social media.
- Double-check emails or texts that ask for sensitive information, especially if they claim you need to "act now." If it feels suspicious or too good to be true, it probably is.
- If you get a phone call or text about your account, immediately call the phone number listed on your account and talk to a customer service representative.

You can also check your bank and credit reports regularly to catch any unusual activity. The Federal Trade Commission (FTC) recommends visiting **AnnualCreditReport.com** once a year to request your free credit report from each of the three major credit bureaus.

Taking a few simple steps now can protect your financial health and peace of mind.

Sources:
mayoclinic.org
nih.gov



MOVE MORE

IN LESS TIME



Think you need to spend an hour at the gym every day to get fit? Think again! Done consistently, quick workouts can deliver big benefits for your body and mind. In just 10 – 20 minutes, you can boost energy, reduce stress, build strength, and support heart health.

The key is finding something you enjoy and can stick with. Try these fast, equipment-free options:

- **High-intensity interval training (HIIT).** Short bursts of intense movement (like jumping jacks or squats) followed by brief rest periods offer a great cardio boost.
- **Bodyweight circuits.** Done in a sequence, exercises like push-ups, planks, lunges, and squats can build strength.
- **Brisk walks.** A 15-minute power walk during lunch can lift your mood and get your heart pumping.
- **Stretching or yoga.** Slower, intentional movements are perfect for reducing tension and improving flexibility.
- **Dance.** Moving to your favorite tunes is a fun, energizing way to sneak in some cardio!

Make movement part of your day and feel the difference!

MONTHLY QUIZ

1. Which of the following is a benefit of regular self-reflection?

- A. Deeper self-awareness
- B. Higher blood pressure
- C. Increased stress
- D. Reduced gratitude

2. Which of the following is a benefit of drinking coffee?

- A. Dehydration
- B. Increased cholesterol
- C. Lower risk for type 2 diabetes
- D. Poor sleep

3. Which of the following habits can protect winter skin?

- A. Drinking water
- B. Skipping sunscreen
- C. Taking hot showers
- D. Using bar soap

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1. A, 2. C, 3. A

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