

## The good news is ... you choose!


You choose the adventure, the goals, and you evaluate your progress. The FMH HealthCenter's 24/7 Healthy Living program puts you in charge of your own journey to healthy living.

This is not a "one-size-fits-all" adventure. Instead, it is an adventure molded to your current health, the healthy habits you already have, and your health goals.

### What do you want to do:

- Lose weight?
- Set up an exercise program?
- Eat healthier?
- Address heart health?
- Lower your blood pressure?
- Improve emotional health?

### HOW TO SIGN UP FOR HEALTHY LIVING

- 1 Access your FMH HealthCenter account at [www.f-m-h.com](http://www.f-m-h.com).
- 2 Log in to your FMH account and click on the HealthCenter link.
- 3 Go to the  **Health Helpers** page and select the **Healthy Living** tab.
- 4 Read the introduction and click on the **Begin Healthy Living** button to get started.



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Let the adventure  
begin with...

## HEALTHY LIVING

12-weeks to a healthier lifestyle





# Start

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# Finish

## Practice Your Habits with Healthy Living Tips



**Be Your Own Water Boy**  
Add lemon or lime juice to your water for some extra flavor. Adding extra flavors can make your water drinking tastier but beware of drinking your calories. Choose calorie-free flavorings.

### Evaluate Progress Weekly

How happy are you this week?



Remember, make updates at the end of each week to stay on track!

## Healthy Living Program Guidelines

### Description

The Healthy Living program is a fixed length 12-week adventure. Each week, you select one habit that you want to work on. At the end of the week, you simply evaluate how well you did and select the habit you want to work on next.

### Getting Started

Complete the sign-up process by answering questions about your daily habits and select which day of the week is best for you to come to the website and do your weekly update.

### Choosing Healthy Habits

Choose your first habit based on your personal health goals. You can choose a new habit each week or you can continue developing the same habit for the full 12 weeks.

### Weekly Updates

Access your HealthCenter account each week to evaluate your progress for the previous week to successfully complete your journey. If you happen to miss a weekly update, don't worry! The same habit will be selected for you to work on for the upcoming week. When you come back the next week, you will be asked to evaluate your progress for the last two weeks.

**Warning:** You cannot go back more than two weeks to evaluate your progress.

### Finish

You have successfully completed the Healthy Living program once you have practiced and evaluated 12 consecutive weeks of your progress toward developing healthier habits.