



Step Up for Summer: Healthier Habits

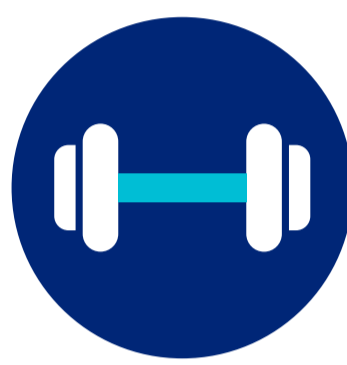


The Step Up for Summer campaign is designed to help encourage Americans to focus on their health this summer. Healthier habits that may help improve overall health include developing a regular exercise routine, eating nutritious food and getting sufficient sleep.

Physical activity

23%

of U.S. adults met the recommended physical activity guidelines (aerobic and muscle strengthening).¹



Exercising for 150 minutes per week may reduce the risk of all-cause mortality by 33%.²

Regular exercise may help:

- Improve sleep.²
- Reduce the risk of heart disease and type 2 diabetes.²
- Boost the immune system.³
- Treat mental health issues like anxiety and depression.²
- Slow bone density loss and build muscle to support healthier aging.²

Recommended sleep

35%

of American adults sleep on average less than 7 hours a night.⁴



It's recommended that adults have between 7 and 9 hours of sleep every night. Those over 65 need 7-8.⁵

Getting enough sleep every night may help:⁶

- Lower stress levels.
- Reduce the risk of issues like heart disease and diabetes.
- Improve focus.
- Reduce risk of injuries.
- Maintain a healthy weight.

Proper nutrition



Fewer than

1 in 10

U.S. adults and teens eat enough fruits and vegetables.⁷



88 million adults have prediabetes.⁸



Healthy foods to consider:⁹

- Vegetables and whole fruits
- Grains, particularly whole grains
- Dairy and lactose-free or fortified soy alternatives
- Proteins (e.g., lean meats, eggs, beans, peas, nuts, seeds)
- Seafood, such as tuna and salmon
- Limit added sugars, sodium and saturated fats and avoid alcoholic drinks.



To join the Step Up for Summer campaign, go to UHCStepUp.com to sign the health pledge and get more information about a healthier lifestyle.

¹ Centers for Disease Control and Prevention, 2018, <https://www.cdc.gov/nchs/fastats/exercise.htm>
² Centers for Disease Control and Prevention, 2021, <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>
³ Clinical and Experimental Medicine, 2020, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7387807/>
⁴ Centers for Disease Control and Prevention, 2017, https://www.cdc.gov/sleep/data_statistics.html
⁵ Sleep Health, 2015, <https://pubmed.ncbi.nlm.nih.gov/29073412/>
⁶ U.S. Department of Health and Human Services, 2020, <https://health.gov/myhealthfinder/topics/everyday-healthy-living/mental-health-and-relationships/get-enough-sleep#panel-2>
⁷ Centers for Disease Control and Prevention, 2021, <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.htm>
⁸ Centers for Disease Control and Prevention, 2020, <https://www.cdc.gov/diabetes/basics/prediabetes.html>
⁹ United States Department of Agriculture, 2020, https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf