

Healthy Goals

Let's start the year with healthy goals





**The start of a new year
is the ideal time to focus
on health, wellbeing, and
living your best life.**

What are Healthy Goals:



Healthy goals are the objectives we set to improve and maintain our overall wellbeing. These goals encompass various aspects of our lives, including but not limited to physical, mental, and emotional health. They serve as a guide to help us make positive choices and adopt habits that lead to a more balanced and fulfilling life.

Why are Healthy Goals Important:



To achieve anything, we require a direction, and healthy goals are crucial as they provide us with a clear direction and purpose in our pursuit of well-being. Setting such goals allows us to focus on specific areas of our health, track our progress, stay motivated, and contribute to our long-term health. Every change requires discipline and resilience. We have to challenge ourselves to step out of our comfort zones and adopt new habits that may initially seem difficult but ultimately become second nature.

The most important fact healthy goals promote a proactive approach to health management. Rather than waiting for health issues to arise, we can take preventive measures by setting and striving towards these goals. This proactive mindset not only reduces the risk of chronic diseases but also enhances our quality of life, allowing us to enjoy more energy, vitality, and overall happiness.

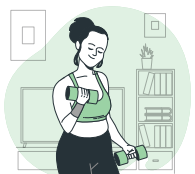


At MetLife, we deeply care about helping you lead a healthy and fulfilling life, and we're here to support you every step of the way.

Key Elements:



Balanced Diet is fundamental. Our food should include nutrient enriched foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats to ensure all essential needs of body is met.



Regular exercise is a crucial component, as it helps maintain cardiovascular health, strengthens muscles, improves flexibility, and supports mental health by releasing endorphins. Aim for at least 150 minutes of moderate aerobic activity.



Sleep is important for overall health. Adults should aim for 7-9 hours of quality sleep per night to allow the body to repair and rejuvenate.



Mental well-being is the quest for health. Engaging in activities that reduce stress, such as mindfulness, meditation, or hobbies we enjoy. Build social connections and seek support when needed.

Digital World:

Let's find ways to utilize the digital age to promote health and well-being. Here are some ways to leverage social media to stay healthy:

- **Participate in social media groups or forums dedicated to health and wellness.** These communities offer support, motivation, and a sense of accountability. You can share your progress, ask questions, and learn from others' experiences.
- **Look for online fitness challenges, cooking contests, or mindfulness practices.** Joining these challenges can be a fun and interactive way to stay committed to your health goals while connecting with like-minded individuals.
- **Document your health journey.** Measure and track what you are doing, if you want you can start posting updates on your workouts, meals, or mental health practices to keep yourself motivated and inspire others.

By utilizing these strategies, you can integrate healthy habits into your daily life, creating a more balanced and fulfilling lifestyle. By setting realistic and achievable goals, we can build sustainable habits that contribute to a healthier and happier life throughout the year. Your health is in your hands.



How is MetLife Contributing:

- Healthy Lifestyle tips available via newsletters, webinars etc.
- Onsite Health checkups to keep you updated on your health status.
- Employee Assistance Program for mental wellness.
- Upcoming Webinar in March on healthy eating habits and intermittent fasting. All details will be shared by email soon.
- Please check our new [Wellness Hub](#) to access all the resources.

Please do send us your feedback at well-being@metlife.ae. It will help us improve this newsletter if we hear that our content has made a difference in your wellbeing. We are keen to listen to you and to improve for you.

This information is intended to provide general guidance on health and wellness matters and is not medical advice. MetLife is not responsible for the accuracy of this information, which may not apply to your particular circumstances, so you rely on it at your own risk. You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.