



## Help Military Families Make Healthy Changes

The new year is an opportunity to turn over a new leaf. Many people resolve to eat better and exercise more. But as easily as resolutions are made, they can be broken.

There are ways you can help service members and their families meet their goals to get healthy. Remind them of the link between physical health and emotional well-being. When they feel the positive effects of healthy changes, they'll be motivated to continue. Also, be sure the service members and their families know about the free health and wellness coaching offered by Military OneSource.

### **Benefits of Healthy Habits**

Regular exercise and a healthy diet lead to better overall well-being. Remind the families you work with that they will feel more energized and focused when they eat well and exercise regularly. Other benefits include:

- Better sleep
- Improved mood
- Reduced risk of developing illnesses such as diabetes, heart disease, and certain cancers

### **Tips to Share**

Encourage those in your care to examine the habits that are holding them back. Oftentimes a simple change will produce healthy results. Examples are to swap after-dinner dessert for

fresh fruit (even for a few nights each week) or to take a walk after dinner instead of flopping on the couch.

## **Military OneSource Health and Wellness Coaching**

Military families are eligible for health and wellness coaching from Military OneSource. Coaches work with participants to help set goals and put plans in place to reach them. They also motivate participants and hold them accountable as they work toward their goals. Military families in your care should know that coaches:

- Will not tell them what to do, analyze problems, give advice, or prescribe solutions
- Consider the participant to be the expert in his or her own life
- Do not address specific symptoms and pathology

Coaching sessions last 45-50 minutes and are offered over the phone, online, or by video. For information on how to get someone you work with started on health and wellness coaching, visit the Military OneSource website at <https://www.militaryonesource.mil/confidential-help/specialty-consultations/health-wellness-coaching>.

*If you are interested in providing non-medical counseling to military service members and their families through Military OneSource, please email us at [MOSproviderrelations@militaryonesource.com](mailto:MOSproviderrelations@militaryonesource.com).*