



Modify habits for big health wins

Wouldn't it be great if our bodies delivered instant results? Eat well for a day and see perfect cholesterol? Work out once and gain stamina, strength and the ideal blood pressure? Skip dessert and instantly improve your A1c level?

Unfortunately, that's not how it works. Our bodies are finely tuned machines that need consistent care—fueling, movement, rest and engagement—day after day. Better health requires action, and results take time.

While progress isn't always immediate, effort does pay off. Sometimes, there's even an instant benefit. For example, increasing your water intake today can help you feel better right away. It may reduce the risk of constipation, kidney stones, headaches and sluggishness.¹

Other habits, both big and small, can move you toward better health. Even if changes in blood sugar, cholesterol or blood pressure aren't immediately visible, consistency matters. When you put in the work, results will come.

Read on for suggestions that can positively impact your health.

Stop drinking

Whether you have a nightly glass of wine, or drink beer on the weekends, imbibing alcohol affects your body. However, a week after quitting,² your body makes strides behind the scenes.³

After one week

You sleep better, you may eat better, you're more hydrated and have improved energy.

After two weeks

Stomach irritation is reduced. Acid reflux and indigestion may subside.

After three weeks

Your blood pressure is normalizing, reducing your risk of heart disease. Fewer calories can lead to lower weight.

After four weeks

Your skin looks better and more hydrated. Your liver function is improving.

When you stop drinking, you can expect better moods, concentration, memory and more.

The 4-week reset



Stop smoking

Quitting smoking affects your body almost immediately.⁴ You may feel it right away, or not. The important thing is to stick with it.

-  **In minutes**
Your heart rate drops to normal.
-  **In 24 hours**
Nicotine levels drop to zero. Your carbon monoxide level drops to normal.
-  **In 1-12 months**
Coughing and shortness of breath decrease.
-  **In 5-10 years**
Your risk of some cancers is cut in half. Your risk of stroke decreases.

First 30 days smoke-free



Start exercising

It's recommended that adults get 150 minutes of physical activity each week. This could be as simple as walking 30 minutes five times a week.⁵ It is one of the most important things you can do for your health. And it pays off.⁶

-  **After exercising for 10 minutes**
Your brain gets more blood, and more oxygen, making you more alert.
-  **After exercising for one hour**
Your blood pressure goes down, and your digestive system speeds up.
-  **After one day**
You may feel muscle soreness, especially if you did exercises that are new to your body.
-  **After one week**
You may start to feel more energy. Your mood improves and you may have more confidence.
-  **After one month**
Regular exercise improves physical, mental and social health. It can also improve your productivity and increase feelings of happiness.

Weekly movement tracker

Progress to 150 minutes



Ducks look smooth and serene on the surface of the water, but underneath, they're paddling hard. When changing health habits, you may look and feel minimally different, but like a duck, the work is going on below the surface.

Keep it up for all the payoffs.

Learn how Teladoc Health can help support you on your wellness journey.
To sign up or learn more, go to TeladocHealth.com/smile/STATEOFIOWA.

Before starting any new exercise routine, talk to your healthcare provider to make sure it's safe.

¹<https://www.ncoa.org/article/10-reasons-why-hydration-is-important/>

²If you are a heavy drinker, seek medical advice before attempting to quit on your own.

³<https://emoryrecovery.com/timeline-benefits-of-quitting-alcohol/>

⁴<https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quitting-smoking/benefits-of-quitting-smoking-over-time.html>

⁵https://odphp.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

⁶<https://exerciseright.com.au/articles/how-your-body-reacts-to-exercise/>

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