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# Eat healthy, live long, live strong

As with many things in life, eating healthy doesn't always end up as you planned. With busy work and family schedules, it can be hard to find the time and energy to prepare healthy food. Let us help you take the stress out of healthy eating and find the balance.

Scan to start tracking your nutrition

# Healthy eating is all about balance

Eating healthy, nutritious foods can help improve your overall health, mood, immunity, and focus, but it's not always easy. You have resources at your fingertips to help you stay on track.

### Track your nutrition

Keeping track of your nutrition is one way to ensure you are getting a balanced diet of fruits, vegetables, protein, healthy fats, and carbohydrates. It also helps keep you accountable! Track your daily food through the app and earn rewards for your healthy behaviors.

### Stick to your Healthy Habits

It can take 2 months for a new habit to stick. Get started on the right path with a Healthy Habit like increasing your veggies or fruits. Check out Healthy Habits under "Your Activities."

### Stay active

It is important to move your body in a way that is fun for you. Go for a walk or hike, dance, or hit the gym. Remember that food is energy for your body, and it is important to fuel up before and after exercise. Manually track your exercise under "Your Activities" and check out additional programs under the benefits tab.

### Check in on your health goals

Setting health goals can help you stay motivated through busy seasons. Not sure what goals you want to achieve? Take the health assessment on your home page now to find out what health goals are most important to you.

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