



Health is Wealth!

Here's How Eating Healthy and Being Healthy Can Pad Your Wallet

Health affects energy, sleep and your total well-being – and that includes your finances as well. Healthy eating and lifestyle actually SAVE money!

REDUCE MONTHLY FOOD BILLS

Home-prepared food tends to be healthier than the typical takeout or restaurant meals. People who cook at home get:

- More nutrients
- Eat less fat and sugar than people who eat takeout or at restaurants.

A takeout and restaurant meal can cost anywhere from **two to six times** the amount of a homemade meal and packs on at least **double the calories**.

PACKING YOUR LUNCH SAVES YOUR WALLET AND YOUR WAIST

Without a homemade packed lunch and snacks you are caught eating at fast food restaurants or out of vending machines which adds up financially and in calories.

- If you spend \$8 a day x 5 days a week for a month = **\$160 per month**
- That is \$160 per month x 12 months a year = **\$1,920 a year**

Pack your lunch & snacks to save on calories and keep your hard-earned money.

GROCERY STORES OFFER POINTS

You can get discounts off every tank of gas with your grocery store's rewards program and their participating gas stations. Discounts typically can be up to **\$1.00** off per gallon depending on how much you purchase from grocery store. More homemade meals = lower gasoline costs.



DRINKING MORE WATER IS FREE

If you're looking to cut costs and calories. The average family spends around **\$1000** a year on soft drinks and sports drinks alone. Add beer to that mix and your finances and waistline don't look good. Follow your doctor's orders and fill your water bottle and drink 6 to 8 servings of water a day which is free from your faucet. You'll be healthier and have more money in your pocket.

Sources: Go BankingRates, Business Insider, WiseBread, Medical Daily, moneyunder30

HEALTH MYTH BUSTERS

1

All Calories Are Created Equal

Not all calories are created equal, because different foods and macronutrients go through different metabolic pathways. They have varying effects on hunger, hormones and health.

2

Low-Fat Foods Are Healthy

Processed low-fat foods tend to be very high in sugar, which is unhealthy compared to the fat that is naturally present in foods.

3

Losing Weight Is All About Willpower and Eating Less, Exercising More

It is not true that weight gain is caused by some sort of moral failure. Genetics, hormones and all sorts of external factors have a huge effect.



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HMC HealthWorks
Helping you make smarter health decisions



SUCCESS STORY

MEMBER

44-Year Old Female

GOALS

Eliminate medication, reduce A1c levels and lose weight.

SUCCESS

Lost 79 pounds by tracking calories and walking daily. Reduced A1c levels from 7.4 to 5.4 and now has fasting blood sugar of 82. Blood pressure is now 98/60.

OUTCOMES

Taken off some of her medications and weaning off others. Understands what to eat and the importance of exercise. Energy levels have improved with weight loss and member joined the gym so she can continue her exercise through the winter months.

IN HER OWN WORDS

"I feel great and I had to purchase a new wardrobe since nothing fits! I am motivated to continue to work toward my weight loss goal of reaching 125 pounds."

WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).



WHITE CHICKEN CHILI

Ingredients - Serves 4

- 6 cups of chicken stock
- 4 cups cooked shredded chicken*
- 2 (15 oz.) cans Great Northern beans drained
- 2 cups (16 oz) store bought salsa verde
- 2 tsp. cumin

Optional toppings: chopped avocado, cilantro, green onions, cheese, sour cream

Directions

Stovetop Method: Add chicken stock, shredded chicken, beans, salsa verde and cumin to a large stock pot and stir to combine. Heat over medium high heat until boiling. Reduce heat to medium low, cover and simmer for 5 minutes. Taste. Season with salt and pepper if needed. Serve warm with desired toppings.

Slow Cooker Method: Add chicken stock, shredded chicken, salsa verde and cumin to a slow cooker/crock pot and stir to combine. Cook on low 6-8 hours or high 3-4 hours. Add beans during last half hour of cooking. Taste. Season with salt and pepper if needed. Serve warm with desired toppings.

*4 cups shredded chicken is equivalent to roughly 2 boneless skinless chicken breasts. Feel free to use raw chicken breast in the slow cooker/crockpot and shred once the chicken and soup are fully cooked.



Click [here](#) for more healthy recipes.