

HEALTHY YOU+

Your monthly source of health news.



ARTICLE

How healthy is your relationship with alcohol?

Get to know all the ways drinking affects both body and mind as you determine how much is all right for you.

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ARTICLE

Plug in, or unplug – just do whatever moves you

Whether you choose to use the latest devices for staying fit or you prefer an old-school workout, the key is finding your motivation.

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BONUS CONTENT



ARTICLE

Get ready for the worst-case scenario

It's not always possible to avoid a disaster, but there are ways to be better prepared. Learn five ways to plan for potential emergencies.

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