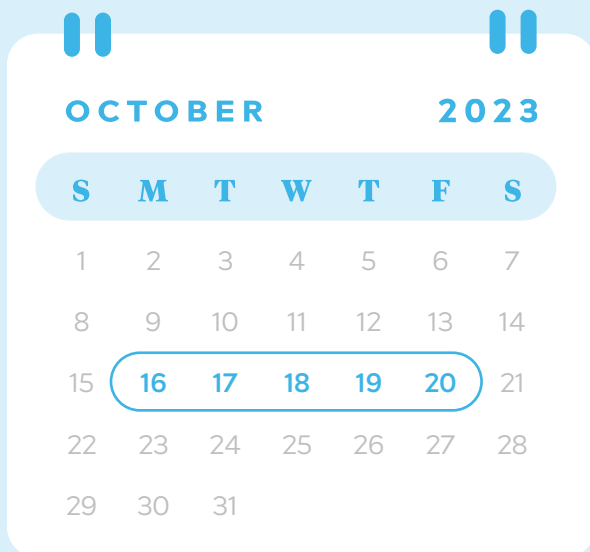




GBS HEALTH & WELLNESS

Intent to Prevent

Focusing on preventive care rather than treatment of disease is the preferred approach to healthcare. Be proactive with your health care by scheduling regular check-ups, taking note of changes in your health, and preparing questions to discuss with your medical provider. Read this month's resources to learn how to assess your risk for developing diabetes, heart disease, and stroke through detecting metabolic syndrome.



Make Sure You Have Everything You Need

Take a minute to watch a quick video outlining this month's resources.

Watch Now 

October Mini Challenge

Practice prevention by completing the following simple activities.

October 16th

Are you caught up on your annual preventive care visits? If not, schedule an appointment with your doctor today!

October 17th

Consider getting a flu shot if you haven't already.

October 18th

Determine your risk for metabolic syndrome by reading [Intent to Prevent](#) and [Metabolic Syndrome Risk Factors](#). Write down one change you can make to reduce your risk.

October 19th

Have you noticed any changes in your health recently? Consider creating a note in your phone to track health changes to discuss with your medical provider at your next preventive check-up.

October 20th

Get into the spooky spirit by completing [The Ghouling Halloween Workout](#) or [The Spooktacular Halloween Challenge!](#)

Movement of the Month

Try something new this month! Whether that be weightlifting, HIIT training, or a new cycle studio. The best kind of exercise is the type that you enjoy. Expand your workout routine, you may find a new type of exercise that you love.