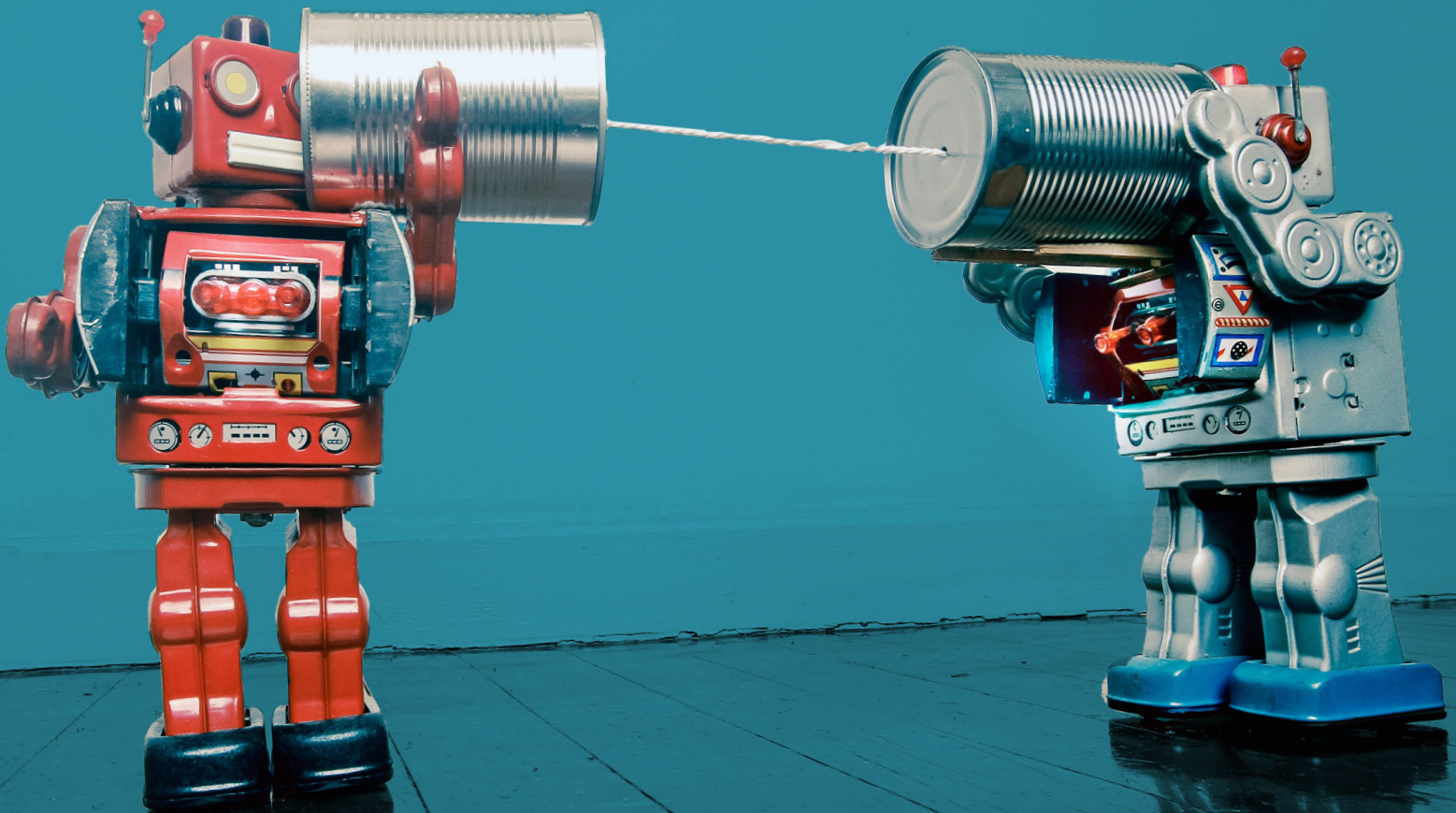


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HOW COMMUNITY MAKES US HEALTHIER

Connecting with others means living
a longer, better life. Science says!



Consider the challenge: social distancing is likely to be our “new abnormal” for the foreseeable future. And yet, social connection is imperative for good physical and mental health.

Humans are innately wired to connect with others. [Studies show](#) that when we connect with others, we experience healthier immune systems, lower rates of anxiety and depression, an increased ability to recover from illness more quickly, and we live longer lives.

On the other hand, when we don't feel connected, our wellness suffers, and our physical and mental health is negatively impacted – big time.

The good news is, when you're part of an online community with people who are trying to achieve the same goals you are, you can still support others and be supported, even with social distancing measures in place.

The physiological benefits of being part of a community like that are far-reaching and science-backed. See for yourself!

1

Lack of social connection is worse for your health than obesity, smoking, and high blood pressure.¹

2

Strong social connections can lead to a **50% increased chance of longevity**³

3

Low social interaction is as harmful to your health as smoking 15 cigarettes a day.⁴



4

Those with close social ties have been found to live longer even if they had other poor habits like smoking, obesity, and lack of physical activity.⁵

5

Strong social connections can strengthen the immune system and help you recover from illness more quickly.⁶

6

Social isolation has been linked to depression, poor sleep, cognitive decline, increased stress, and impaired immunity.⁷

7

People with robust social ties experience lower levels of anxiety and depression and higher self-esteem. They also have more empathy for others and are more trusting and cooperative, which makes them healthier socially, emotionally, and physically.⁸

8

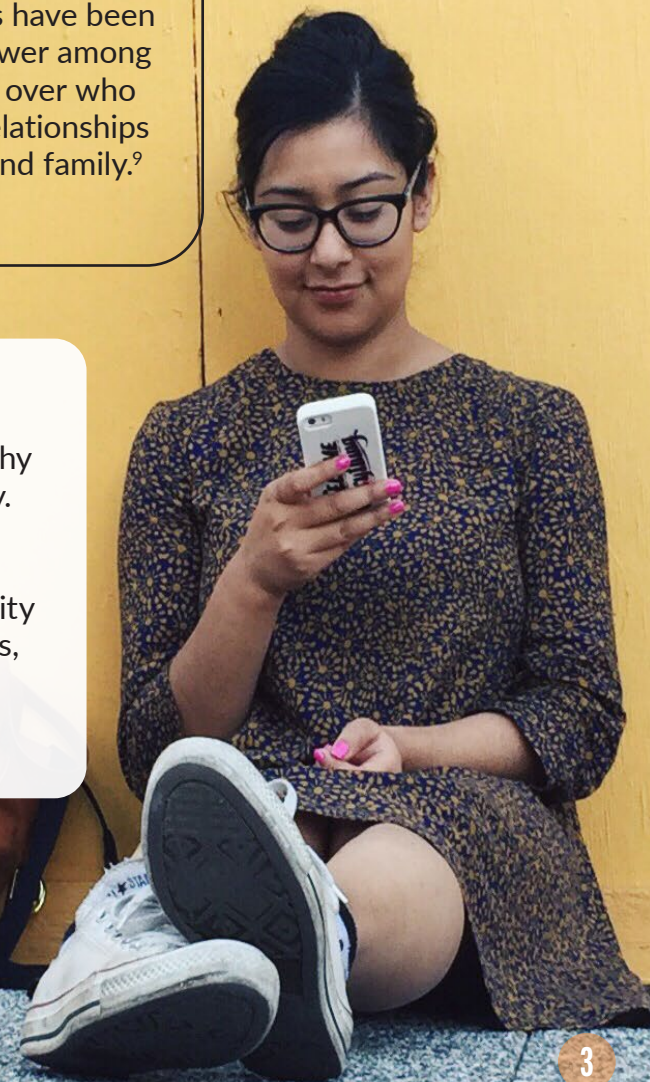
Social support and connectedness can even help you lose weight! Research shows that programs that rely on group support and interactive discussions make it easier to stick with a weight loss plan¹⁰ (hello, NSTown!).

9

Dementia risks have been found to be lower among those 75 and over who have strong relationships with friends and family.⁹

Social connections and community are critically important to our overall health and happiness—just as important as a healthy diet, adequate sleep, and the right amount of physical activity.

So how do we connect in the age of social distancing? You'll find your answer in [NSTown](#) – your personal, digital community where you can interact with fellow participants, ask questions, give and receive support, and engage one-on-one with (NS) health coaches any time, any day.



CONNECT ON NSTOWN TODAY. IT WILL LITERALLY MAKE YOU HEALTHIER – SCIENCE SAYS!



If you're in the Naturally Slim program, log in to www.naturallyslim.com/login from your smartphone or computer to watch this week's lessons.

(Or post in NSTown if you have questions for your health coaches!)

Not a Naturally Slim participant?

Visit our blog at www.naturallyslim.com for more tips and resources or email your employer and ask them to offer the program.

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1 <https://science.sciencemag.org/content/241/4865/540>

2 <https://www.ncbi.nlm.nih.gov/pubmed/425958>

3 <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1000316>

4 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125010/>

5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125010/>

6 <http://ccare.stanford.edu/uncategorized/connectedness-health-the-science-of-social-connection-infographic/>

7 <https://royalsocietypublishing.org/doi/10.1098/rstb.2014.0114>

8 <http://ccare.stanford.edu/uncategorized/connectedness-health-the-science-of-social-connection-infographic/>

9 https://www.health.harvard.edu/newsletter_article/the-health-benefits-of-strong-relationships

10 <https://www.apa.org/topics/obesity/support>