

# Ask The Expert

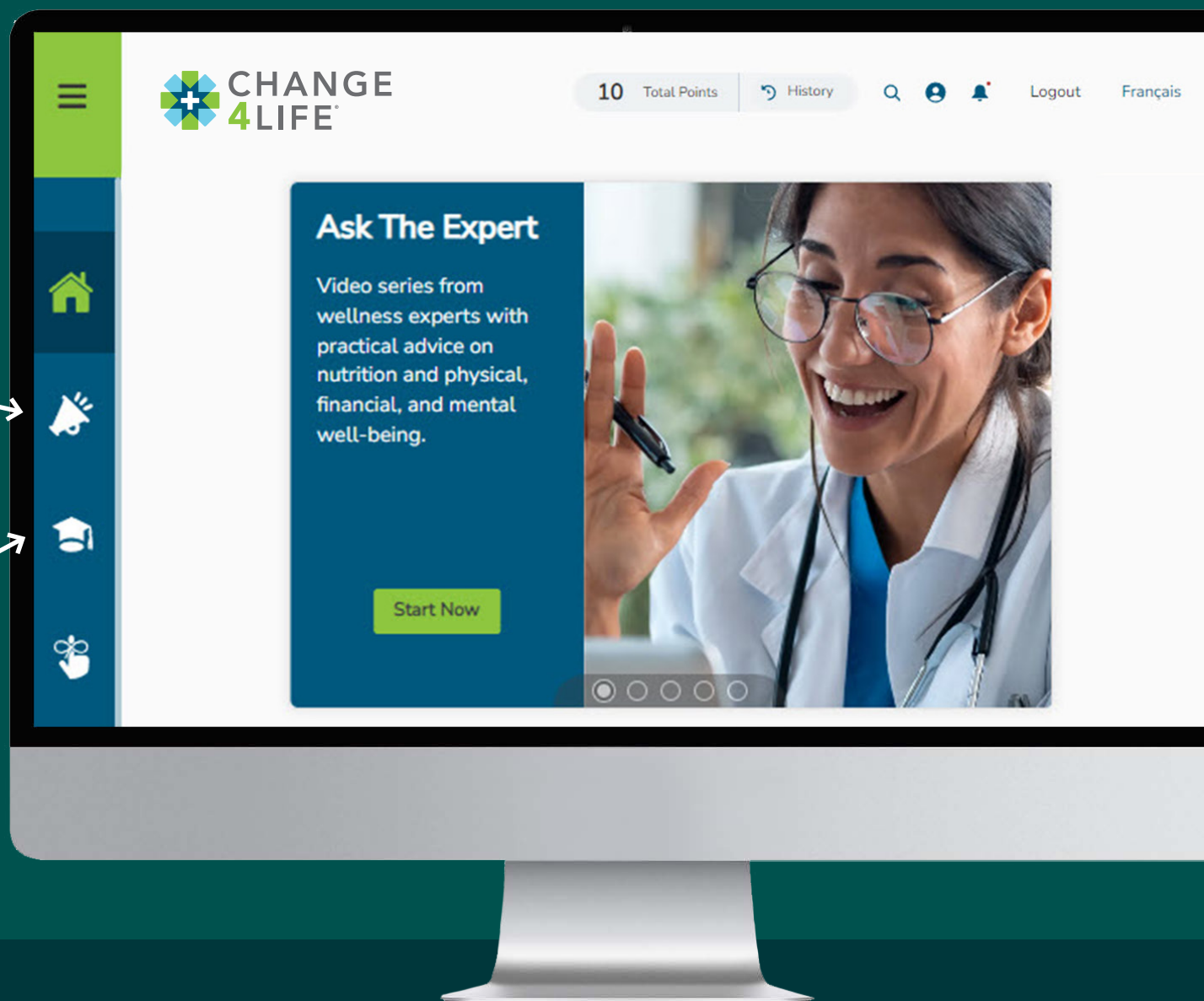


Check out the **Ask The Expert** video library in Change4Life® and earn points by viewing and rating each video and submitting a question. There are a variety of topics to choose from and they are updated regularly.



Ask The Expert can be accessed on the **Spotlight** page

View the full library of videos on the **Learn & Earn** page



## Ask The Expert video topics include...

### Financial Health

- How does inflation affect future savings?
- How can I spend within my means with a lower-bracket income?
- What are strategies for changing harmful spending habits?

### Mental Health

- How can I manage my anxiety that keeps distracting me and interfering with my life?
- How to set healthy boundaries?
- What can I do if I often feel lonely?

### Nutrition

- What should you eat for a healthy immune system?
- What should you eat before (fuel) and after (recovery) exercise?
- What is the difference between a food allergy and intolerance?

### Physical Health

- Will exercise improve my sleep quality?
- How much rest do I need between workouts?
- Will exercise lower blood pressure and blood sugar?