

December 2016

The Stall Street Journal

Snow Shovel Safety

- ❖ Do not shovel after eating or while smoking
- ❖ Take it slow and stretch out before you begin
- ❖ Shovel only fresh, powdery snow; it's lighter
- ❖ Push the snow rather than lifting it
- ❖ If you do lift it, use a small shovel or only partially fill the shovel
- ❖ Lift with your legs, not your back
- ❖ Do not work to the point of exhaustion



Source: National Safety Council

Don't Hibernate this Winter!

It can take a little extra effort to stay active when it's cold outside, but it's worth it. The benefits of physical activity are many:

Strengthens your immune system. Even Moderately active people catch 20-30% fewer colds than their sedentary counterparts.

Reduces feelings of depression, anxiety, and stress.

Increases your chances of successful weight loss and helps maintain a healthy weight.

Winter outdoor activities to try:

Ice skate, Ice Hockey, Sledding
Snow Shoe, Ski, Snowboard, or
Build a Snowman



Source: dhhs.nh.gov

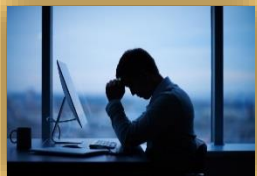


Eating Healthier



Eating the right foods and the right amounts of foods can help you live longer, healthier life. Getting the nutrients you need, such as calcium and iron, and keeping your weight under control can help. Try to balance the calories you get from food with the calories you use through physical activity. It's never too late to start eating right.

Source: Publications.U.S.A.gov



Stress Relief in the Moment

Ever wish a stress superhero could save you from traffic jams, chaotic meetings, or a toddler's tantrums? Well, you can be your own stress-busting superhero. Everybody has the power to reduce the impact of stress as it's happening and stay in control when the pressure builds. Like any skill, learning stress relief in the moment takes time, experimentation, and practice. But changing your response to stress can help you stay alert, productive, and focused, no matter what life throws at you.

Source: Helpguide



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