

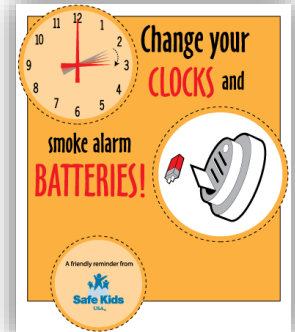
November 2016

The Stall Street Journal



Daylight Savings Time

Change your clocks and smoke alarm batteries. Saving your life can be as simple as changing your smoke alarm batteries once a year and replacing smoke alarms every seven to 10 years. Having a smoke alarm and carbon monoxide alarm that works 24 hours a day greatly increases your chance of survival if your home catches on fire.



Today, an estimated 29 million people are living with diabetes in the United States. Thanks to better treatments, people with diabetes are now living longer and with a better quality of life than ever before. If you are living with diabetes, it's important to make choices that keep you and your loved ones healthy.

For more information, visit www.cdc.gov

Let's Talk Turkey!

According to the Calorie Control Council, the average American consumes more than 4,500 calories and 229 grams of fat during a traditional Thanksgiving dinner.

To put that in perspective, the U.S Department of Health and Human Services recommends that the average adult man consume 2,000 to 3,000 calories and the average adult woman consume 1,600 to 2,400 calories – in an *entire day*.

Following are six tips to help avoid Thanksgiving binge eating:

- Eat before the feast
- Forget the fryer
- Make simple swaps
- Stick to the one-half-rule
- Downsize your plate
- Dish out the leftovers



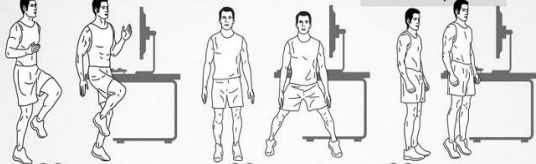
Source: moneytalknews.com

EXERCISE AT YOUR DESK

office

NEILA REY WORKOUT

neilarey.com



20 high knees

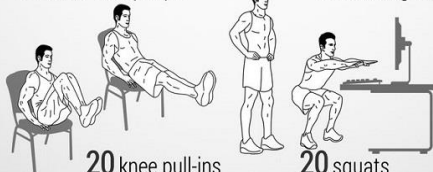
20 half jacks

20 calf raises



10 chair tricep dips

50 side leg lifts



20 knee pull-ins

20 squats

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

How Much Sleep Are You Getting?

Most healthy adults need between 7.5 to 9 hours of sleep per night to function at their best.



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Source: helpguide.org