

December 2017

The Stall Street Journal

Get Exercising this Winter

Less than 60% of adults are physically active on a regular basis, 25% aren't active at all. Inactive individuals have a higher risk of heart disease, diabetes, high blood pressure, and obesity.

Set Goals

"To be healthier" is a hard goal to determine success. Set measurable goals for your family's physical activity achievements. You can decide that your family will be active for 60 minutes five days out of the week.

Types of Measurable Goals

- Distance
- Frequency
- Intensity
- Length-of-time



Source: healthiergeneration.org

World AIDS Day

World AIDS Day is a global initiative to raise awareness, fight prejudice, and improve education about HIV, the virus that causes AIDS.

Around the world, about 37 million people are living with HIV.

In the United States, about 37,600 people get infected with HIV every year.

The only way to know if you have HIV is to get tested. It's important that everyone ages 15 to 65 gets tested for HIV at least once. Some people may need to get tested more often.



Source: healthfinder.gov

Decorate Your Home Safely During the Holidays



According to the [National Fire Protection Association](#), 860 home fires caused by holiday decorations occur each year. An additional 210 home fires are caused by Christmas trees per year.

- Outdoor electric lights and decorations should be plugged into circuits protected by ground fault circuit interrupters (GFCIs)
- Never connect more than three strings of incandescent lights together
- Water your Christmas Tree daily
- Keep all decorations at least 3 feet away from heating equipment or an open flame

Source: efsi.org

Choose Your Carbs Wisely

How many carbohydrates do you need?

The Dietary Guidelines for Americans recommends that carbohydrates make up 45 to 65 percent of your total daily calories.



Choose Wisely

Carbohydrates are an essential part of a healthy diet, and provide many important nutrients. Still, not all carbs are created equal.

- *Emphasize fiber-rich fruits and vegetables.* Aim for whole fresh, frozen and canned fruits and vegetables without added sugar.
- *Choose whole grains.* Whole grains are better sources than refined grains of fiber and other important nutrients, such as B vitamins.
- *Stick to low-fat dairy products.* Milk, cheese, yogurt and other dairy products are good sources of calcium and protein, plus many other vitamins and minerals.

For more information please visit www.mayoclinic.org

Brought to you by:

Relph Benefit Advisors

AN ALERA GROUP COMPANY