



BalanceHealth Newsletter

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Have a Healthy New Year

By now it has been a few weeks since you made your New Year's Resolution. Are you sticking to it, have you seen the results you were hoping for? Our resolutions often fail if we make them too general, too unattainable, or it takes too long to achieve any measurable results. In order for resolutions to stick they must be able to be easily incorporated into your life.

In the spirit of the New Year, we want to give you a variety of simple, achievable steps you can take each day to improve your overall wellbeing and make this your healthiest year ever!

Drink Water – Aim for at least 8 glasses of water per day. Since our bodies are made up of 60% water, it is vital to replenish water that is lost, in order to ensure proper bodily functioning.

Catch some Rays – Spend at least 10 minutes outside each day. Our bodies need sunshine to make Vitamin D, which is essential for optimal

health and the sun lifts people's spirits naturally.

Breathe Deeply – Practice taking deep slow breaths that originate from your stomach. Deep breathing helps to reduce stress and relax muscles.

Cook – Prepare at least 1 home-cooked meal per day. Home cooking allows you to control the calorie content and the quality of ingredients that go into your food. It usually tastes better too!

Eat Fruits and Veggies – Add fruits and vegetables into your daily diet. Any form is fine: fresh, frozen, juiced, sauced, sautéed, baked, or grilled. They all pack a powerful health punch.

Take Vitamins – Take a daily multi-vitamin. This will ensure that your body receives any essential vitamins and minerals that were missed through food intake.

For more information or advice about Resolutions contact your Wellness Coordinator by calling

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





Be Active – Exercise is imperative to good health and longevity. Moderate activity at least 5 days per week is recommended. Start with a 15 minute walk and then build up your endurance.

Be Active Even at Work – Get up and move around for at least 5 minutes each hour. A sedentary lifestyle is one of the top contributing factors to obesity.

Exercise Your Mind – Take a few minutes each day for stimulating mental exercise. You can read, write, or solve a puzzle. Regular mental activity helps to keep our brains sharp well into old age.

Reduce TV Time – Watch 1 less hour of television each day and replace it with physical or mental exercise. Now you will have a one hour block of time that you can dedicate to improving your health.

Be Grateful – Think of 1 reason why you enjoy your life each day. Gratitude results in a positive attitude and upbeat people tend to be healthier than their pessimistic counterparts.

Try Something New – Aim to have a new experience each month. It can be as simple as trying a new food or as grand as learning to play an instrument. New experiences are invigorating and they can give us a fresh perspective on our lives.

Manage Stress – Try yoga, meditation, a trip to the spa, or a walk in the woods. Find a simple and effective way to man-

age stress. This is so important because stress can be extremely detrimental and can lead to poor health.

Listen to Your Body – Eat when you're hungry, stop when you're full, drink when you're thirsty, and sleep when you're tired. We become so wrapped up in our routines that we tend to ignore the signals from our bodies. Your body knows what it needs, so pay attention!

Quit Smoking – This is certainly not something that you can do overnight. However, try to take at least 1 small step toward quitting every day. You can have 1 less cigarette per day or even simply calculate how much money you would save by quitting. Smoking is incredibly harmful to your health and quitting will undoubtedly improve your overall wellbeing.

Resolutions don't have to happen overnight. You can take one of these actions and make it part of your daily life. Once it becomes habitual, slowly add in more healthy behaviors and soon you will discover that you are living a much healthier lifestyle.

Happy New Year!

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