



BalanceHealthSM Newsletter

January 2015 | Written by the wellness experts at eni



Tips for a Healthy New Year

A large number of New Year's Resolutions involve improving your health in some way. Even if your resolution doesn't involve health, it's still nice to start the year on a healthy note. To improve your overall health this year, try doing at least one thing each day that contributes or enhances your physical health and/or emotional wellbeing.

To get you started, here are 30 healthy yet simple things you can try to make each day a little healthier:

Park in the farthest spot from the entrance at work in the morning

Take a vitamin

Go to the doctor for an annual physical

Reach out to an old friend to catch up

Get a massage

Cook dinner and be sure to include 1 white veggie, 1 green veggie, and 1 orange veggie – stir fry anyone!

Take a walk on your lunch break

Volunteer

Know yourself – conduct a self exam – check out your freckles and moles in between dermatologist appts, and ladies conduct a self breast exam in between OBGYN appts

Hard boil 1 dozen eggs so you have them as a grab and go snack throughout the week

Do 10 jumping jacks after each meeting during the workday

Drink at least 8 glasses of water

Start reading a really good book

Visit an elderly relative

Make a smoothie for breakfast

Dress Warm and head outside to play in the snow – if there's no snow take a quick jog around your neighborhood

For more information or advice about having a healthy New Year 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.





Meditate for 10 minutes before bed

Go meatless all day

Stretch each part of your body when you wake up

Look through an old photo album – great memories = a positive frame of mind

Search online for a fun and free exercise video to do

Start planning something big you are looking forward to – a vacation, a family reunion, your wedding, your child's birthday, etc...

Make a brand new healthy recipe for dinner

Test yourself – see how many crunches you can do in one minute

Perform a random act of kindness – hold the door open for a stranger, compliment someone, shovel your neighbor's sidewalk, etc...

Eat only whole foods all day – no packaged foods, no soda, no alcohol, no candy, and no eating at restaurants

Take a yoga class – great for your body and mind

Write down 5 things you love about yourself

Sign up for a fun group fitness event – a 5K, a mud run, a charity walk – for all of these you can go at your pace

Sample 'Whole Food' Menu

Breakfast

Make a veggie omelet – eggs + a bunch of your favorite vegetables

1 cup of green tea with honey

Lunch

Grilled Chicken Salad topped with olive oil and balsamic vinegar

Afternoon Snack

1 handful of pistachios

Dinner

Baked whitefish (ex cod) topped with lemon and pepper

Roasted cauliflower

Evening Snack

1 serving of Sorbet – Read the ingredient list and pick one that has less than 5 ingredients and be sure they're all whole foods such as milk, sugar, vanilla, etc no artificial colors or flavors

and it gives you a goal to work towards

Take at least an hour alone to do whatever makes you happy

Remember that eni's wellness coaches are available to provide you with additional personalized strategies to make 2015 your healthiest year yet!

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