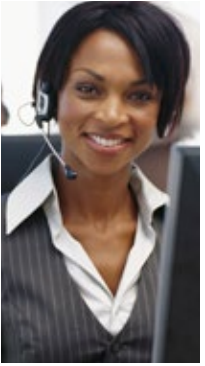




# BalanceWorks® Newsletter

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## Conquering Your Resolution

The New Year is a time for renewal and rejuvenation. Many people utilize resolutions as a way to kick start the year on a positive note. While it's true that the specifics of resolutions vary and some people have very specialized resolutions, there are usually overall themes that the populous focuses on and 2015 was no exception.

According to a national Marist Poll, the top resolutions for 2015 were:

- Lose Weight – 13% of respondents\*
- Exercise More – 10% of respondents\*
- Be a Better Person – 9% of respondents
- Improve Health – 8% of respondents\*
- Stop Smoking – 7% of respondents\*
- Spend Less & Save – 7% of respondents
- Eat Healthier – 7% of respondents\*

Clearly the theme for many Americans is improving their overall physical, emotional, and/or financial health. Furthermore, almost half of all respondents cited an aspect of improving their physical health\* as their goal for the year. Three major factors that contribute to improving overall health are exercise, healthy eating, and quitting smoking. Therefore, let's take a look at some steps you can take to achieve these goals, thereby helping you improve your health.

### Exercise More

First and foremost you must make the time to exercise. Schedule it into your day just like you would an appointment. Make exercise a non-negotiable aspect of your day, just like you do with work. Look at the structure of your day and figure out exactly when working out would fit best – before work, on your lunch break, or in the evenings. Then schedule it in and stick to it!

Next, make a plan that will work for you. There are so many fitness options today. If you prefer to exercise alone or do not have time to get to a gym, you can exercise right in your home with DVDs or online tutorials. If you need accountability to stay motivated, enlist a fitness buddy. If you prefer to socialize while working out, join a gym or take some group classes. Finally, if you prefer the great outdoors take a walk, jog, hike, or swim each day. It's so much easier to stick to a fitness regimen when you are not forcing yourself to do something you dislike.

In addition to scheduling a daily sweat session, find ways to sneak exercise into your day to day routine. Because many of us have sedentary jobs, it is so

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important to make sure we are moving throughout the day. A great trick is to set an alarm on your phone to remind yourself to get up and take a quick walk every 30 minutes. Also, the old standbys like taking the stairs, parking far from the entrance, and getting up to talk to a co-worker instead of emailing them are great options as well.

## Eat Healthier

The following tips will help you get more nutrients into your diet and cut down on empty calories:

Cook more! Restaurant food tends to be really high in both calories and sodium. Preparing meals at home allows you to control the ingredients, calories, and portion size.

Focus on whole foods like grains, nuts, fruits, vegetables, and unprocessed meats. Also, when buying prepared items like salad dressing, boxed mac and cheese, bread, etc, be sure to check the ingredient label. The fewer ingredients, the better!

Snack on nature's candy. Instead of snacking on candy, cookies, or chips, reach for delicious fruit to satisfy your sweet tooth. You can also have a small portion of dark chocolate as it is rich in antioxidants iron, magnesium, copper, and manganese.

Be sure to eat a wide variety of foods. Your body needs many different vitamins and minerals to function optimally. A good rule of thumb is to incorporate in different color foods to each meal. Orange foods like sweet potatoes and mango are rich in immune boosting beta carotene, red produce like tomatoes and watermelon are rich free radical fighting antioxidants, green

foods such as spinach are rich in folate to help build healthy cells, and the list goes on!

## Quit Smoking

One of the best things you can do for your health is to stop smoking. Quitting can be extremely difficult. In order to be successful you will need to address both the addiction and the habits and routines that go along with it. HealthGuide.Org recommends starting your stop smoking plan with "START".

S = Set a quit date.

T = Tell family, friends, and co-workers that you plan to quit and that you will need their support and encouragement to stop.

A = Anticipate and plan for the challenges you'll face while quitting such as nicotine withdrawal and cigarette cravings.

R = Remove cigarettes and other tobacco products like lighters, ashtrays, and matches from your home, car, and work.

T = Talk to your doctor about getting help to quit.

In addition to talking to your doctor there are a great deal of community and online support groups and resources that can help you quit smoking.

Remember that eni's behavioral health and work/life experts are available 24/7 to help our members reach their New Year's resolutions.

**Wishing you a happy and healthy year!**

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