

MLE - News in Health

MyLifeExpert.com Monthly Newsletter

January 2021

MAKE 2022 YOUR HEALTHIEST YEAR YET!

Use these **9 tips** to boost your health and well-being all year long.

Eat a Healthy Diet

Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Get Enough Sleep

Adults need at least 7 hours of sleep per night.

Don't Use Tobacco

You can do it! It's never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

Be Sun Safe

Wear layered clothes and apply a broad-spectrum sunscreen with at least SPF 15.

DID YOU KNOW?

- Being active during the day can help you fall asleep at night.
- Even in cold weather, the sun can damage your skin. UV rays, not the temperature, do the damage.



Making Healthy Changes

Think about the improvements you'd like to make and then take concrete steps to achieve them. Set realistic goals, develop an action plan and set it in motion.

- **Set realistic goals.** Write down the steps that will help you achieve them.
- **Plan for obstacles.** Figure out how to overcome them. Don't give up just because you've slipped.
- **Track your progress.** A journal or diary is one of the best tools for helping you stay focused and recover from slip-ups.
- **Get help.** Ask friends and family for support. Consider enrolling in a class or program.
- **Reward yourself.** Give yourself a healthy treat when you've achieved a small goal or milestone.
- **Add variety.** Keep things interesting by adding new activities or expanding your goals to make them more challenging.



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National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people in the United States every day.

The NHOs in our January roundup help raise awareness about glaucoma and cervical cancer.

To make it easy for you to join the conversation, we've provided links to resources you can use to promote these NHOs with your networks. Help spread the word about these NHOs and advocate for better health in your community!



- **National Glaucoma Awareness Month**

Each January, the [National Eye Institute](#) (NEI) sponsors National Glaucoma Awareness Month. Check out NEI's [Glaucoma Resources for Health Educators](#) to help spread the word about glaucoma, which is the leading cause of vision loss and blindness in the United States. You can also encourage people to get their eyes tested with healthfinder's [easy-to-understand resource](#).

- **Cervical Cancer Awareness Month**

The [National Cervical Cancer Coalition](#) uses the month of January to educate people about cervical cancer, HPV disease, and the importance of getting screened. Browse [Healthy People Cancer Objectives](#) to learn about national goals to promote cervical cancer screening. And share consumer-friendly healthfinder topics about [cervical cancer screening](#) and [the HPV vaccine](#).

We hope you'll use our monthly roundups to promote these important observances on your channels. Together, we can work toward a healthier nation.

SECOND WEDNESDAY WEBINAR SERIES

FORTIFYING YOUR RESILIENCE

Date: 01/12/2022 | Time: 1:30 PM to 2:30 PM EST

Our ability to "bounce back" is critical to pandemic. Join us to discuss effective techniques for rebounding." is critical to pandemic.

Register: <https://register.gotowebinar.com/register/2700037037192219920>



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