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Your Monthly News & Updates

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Walking Your Way to a Longer & Healthy Life

Walking just 5 1/2 miles per week at a pace of 2 mph lowers your risk of a heart attack and stroke by 31%. Here's some additional interesting health facts about walking.



- To lose weight, you should walk briskly for at least 45 minutes a day
- Brisk walking counts as cardiovascular exercise
- Walking is just as good as running when it comes to cutting your risk of high

blood pressure, high cholesterol and diabetes

- Taking your dog for a half hour walk burns about 100 calories
- 10,000 steps a day equals 5 miles
- Walking outdoors in a "natural leafy area" is shown to boost your mood
- Walking regularly is good for arthritis
- Back pain can be relieved by 20-40 minutes of walking 2-3 times a week
- Walking is a weight bearing exercise and is good for your bones.

Source: WebMD

Consider Taking a Mental Health Day

Did you know?

- 61% of workers say they are burned out at work
- 31% of workers check e-mail on vacation
- 33% of workers do not take vacation



Ways to Improve Your Mental Health & Overall Happiness:

1. **Establish Goals** - The human brain naturally desires to reach and achieve goals. Set short and long terms goals. Write them down. Studies show those who write down their goals are 90% more likely to achieve them.
2. **Reframe Your Negative Thoughts** - Reframe thoughts like "this will never work" to more optimistic thoughts like "there must be a creative solution." Those who do this are proven to be happier & more successful.
3. **Look for Explanations Not Excuses** - When you fall short of your expectations, take some time to assess what when wrong and how you can do better next time. Elite performers do this daily.
4. **Do One Hard Thing Every Day** - You won't improve by accident. Try something new, enroll in a class, push yourself to become better. Try a 30-day personal growth diet. TED Talks are a great, free resource.

Source: Career Builder and Success Magazine

Is Coffee Really Good For You?

A new study found that people who consumed at least four cups of coffee a day had a 64% lower risk of early death compared to those who never or rarely drank coffee.



The study's findings suggest that it may be even more beneficial to consume coffee as we get older (after age 45).

Coffee has also been shown to reduce the risk of:

- Type 2 diabetes
- Liver disease
- Colorectal cancer
- Alzheimer's

- Skin Cancer

However, pregnant women and those with heart conditions should limit their caffeine intake.

To maximize coffee's benefits, use low fat milk and skip the cream. Avoid sugar in your coffee since it adds extra calories. Chose filtered coffee when possible and avoid coffee at bed time.

Source: CNN

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