



Live Well, Work Well

Employee Health Benefits Bulletin December 2018
Northern Burlington County Regional Schools

Winter Workouts

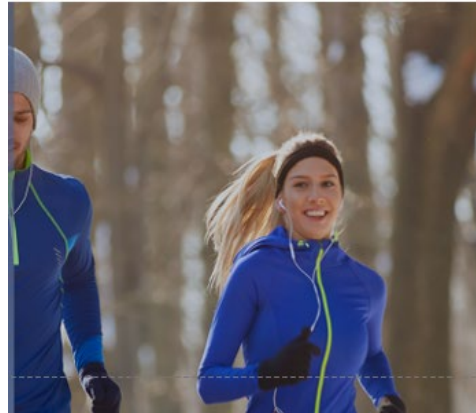
Timely tip: there are many factors that can contribute to holiday stress, like family disagreements, long to-do lists, seasonal illnesses, and, of course, financial strains. Be sure to make time for yourself and be mindful of your own needs in the midst of busy schedules.

Brought to you by
INTEGRITY CONSULTING
GROUP
104 Interchange Plaza
Suite 202
Monroe Township
New Jersey 08831
(888) 737-4313

Many of us find it difficult to remain committed to a fitness plan as the holidays, shorter days, and less-than-ideal weather create obstacles. But there are ways to stay on track:

- » **Warm up inside.** If you exercise outside, try doing your warmup inside—you'll raise your body temperature and already be warm before you step outside.
- » **Prep for your next day the night before.** If you're an early morning gym-goer, gather what you need for the next day the night before. Then all you need to do is get up, get dressed, and go to the gym.
- » **Have a backup plan.** Even the most dedicated can lose motivation. So it's essential to have a backup workout plan when you don't feel like going out in the cold—have a few workouts ready to go at home.

Check out this brief *Live Well, Work Well* [video](#) for these and other tips.



Finally, stay motivated through winter by joining the [NJWell program](#). Earn points for gift cards when you meet certain wellness goals—learn more [here!](#)

Hidden Bacteria

University of Arizona researchers found that cell phones carry 10 times more bacteria than most toilet seats. Germs are commonly spread through regular cell phone use. Taking the proper steps, like disinfecting your phone daily and getting a flu shot at retail locations in New Jersey that contract with [Aetna](#) or [Horizon BCBSNJ](#), can help you stay germ-free and healthy this winter.

Living Wills

Living wills, also known as advance health care directives, are legal documents that express what medical treatment you want to receive should you become physically or mentally incapable of communicating your wishes.

Why should I have one? Advance directives are valuable because you can state choices for your own care in advance, or name someone to make those choices (also known as a medical power of attorney) if you become incapacitated. These documents allow you to effectively say yes or no to particular treatments even when you may not be able to communicate.

What happens if I don't have a living will in place? In the event you are incapacitated, your health care providers will ask your family or close friends about your wishes and discuss what treatment is best. If these individuals disagree, someone may seek appointment of a conservator or guardian; however, you will have no control over who is named and cannot be sure your wishes will be followed.

Where can I find more information? You can access a state-specific form at caringinfo.org. This site also answers other questions you may have. Or call the National Hospice and Palliative Care Organization at (800) 658-8898.



Healthy Recipe

Simple Overnight Oatmeal

Ingredients

- » 1/2 cup low-fat milk
- » 1/4 cup fat-free Greek yogurt
- » 2 tsp. honey
- » 1/4 tsp. pure vanilla extract
- » 1/2 c. uncooked rolled oats
- » 1/4 c. raspberries (frozen)

Instructions

1. Combine milk, yogurt, sugar, cinnamon, and vanilla extract in a lidded container or jar.
2. Add oats and mix well.
3. Cover and refrigerate at least 8 hours.
4. Enjoy cold or heat as desired.

Makes one easy, healthy serving!

Nutritional Information

Calories: 311	Cholesterol: 7 mg
Total fat: 4 g	Sodium: 86 mg
Saturated fat: 1 g	Dietary fiber: 9 g

National Health Observances

December

National Influenza Vaccination Week December 2-8

Centers for Disease Control and Prevention

cdc.org

National Handwashing Awareness Week December 2-8

Henry the Hand Foundation

henrythehand.com

January

National Birth Defects Prevention Month

National Birth Defects Prevention Month

nbdpn.org