



January 2017



# Wellness ... Get on the Bus!

## Drive with Purpose

Your purpose is exactly what you can't help but keep doing. Even if you weren't getting paid, you would probably do it anyway. When you discover what this is for you, it's the thing that

### 5 Simple Exercises To Find Your Purpose

Here are five things you can do to get some clarity, find your passion and live your purpose starting today.

**1. Write down all the things you absolutely love to do in life.** Be outrageous, open-minded, honest, and creative. Label it your "My Love List." It may make more sense later, the point is to get inspired and let your imagination run free.

**2. List the things you do with relative ease.** The very things you're passionate about may end up being your purpose, but because it's so natural and under our noses, we may even be aware of it.

**3. Look back at your personal history.** We all have unique challenges we've had to overcome with great success that may be a perspective nobody else has, but you. What have you conquered and need to share to make the world a better place?

**4. Ask trusted friends, family and professional coaches for perspective.** If you're stuck figuring out what lights your fire, and can't shake off your own inner critic, it may be time for objectivity. Other people will see things that you don't, and can help guide you to find something hidden inside yourself.

### 5. Ask these thought-provoking, self-discovery questions to get you processing:

- What are the things you would do even if you didn't get paid for it?
- What do other people say you're really good at, or that you should do professionally, or do more of?
- What is the one thing you want to experience or accomplish before you die?
- If you had all the money in the world, how would you spend your time?
- What would your perfect day look like? Describe every detail.
- What activities set your soul on fire?



Run a Virtual Race

January weather got you hitting the dreadmill? Use that indoor belt time to accomplish a virtual race.

Virtual Strides, hosts virtual races featuring different charities every calendar month. Read the details about our current and upcoming virtual races here: <https://www.virtualstrides.com/races/>



# JUST GO JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10 PUSHUPS 10 SQUATS 1 MIN SKIP	10 BURPEES 15 SQUATS 1 MIN SKIP	10 PUSHUPS 20 SQUATS 1 MIN SKIP
4	5	6	7	8	9	10
20 BURPEES 25 SQUATS 2 MIN SKIP	20 PUSHUPS 30 SQUATS 2 MIN SKIP	20 BURPEES 35 SQUATS 2 MIN SKIP	20 PUSHUPS 40 SQUATS 2 MIN SKIP	20 BURPEES 45 SQUATS 2 MIN SKIP	20 PUSHUPS 50 SQUATS 2 MIN SKIP	20 BURPEES 55 SQUATS 2 MIN SKIP
11	12	13	14	15	16	17
30 PUSHUPS 60 SQUATS 3 MIN SKIP	30 BURPEES 65 SQUATS 3 MIN SKIP	30 PUSHUPS 70 SQUATS 3 MIN SKIP	30 BURPEES 75 SQUATS 3 MIN SKIP	30 PUSHUPS 80 SQUATS 3 MIN SKIP	30 BURPEES 85 SQUATS 3 MIN SKIP	30 PUSHUPS 90 SQUATS 3 MIN SKIP
18	19	20	21	22	23	24
40 BURPEES 95 SQUATS 4 MIN SKIP	40 PUSHUPS 100 SQUATS 4 MIN SKIP	40 BURPEES 105 SQUATS 4 MIN SKIP	40 PUSHUPS 110 SQUATS 4 MIN SKIP	40 BURPEES 115 SQUATS 4 MIN SKIP	40 PUSHUPS 120 SQUATS 4 MIN SKIP	40 BURPEES 125 SQUATS 4 MIN SKIP
25	26	27	28	29	30	31
50 PUSHUPS, 130 SQUATS 5 MIN SKIP	50 BURPEES 135 SQUATS 5 MIN SKIP	50 PUSHUPS 140 SQUATS 5 MIN SKIP	50 BURPEES 145 SQUATS 5 MIN SKIP	50 PUSHUPS, 150 SQUATS 5 MIN SKIP	50 BURPEES, 155 SQUATS 5 MIN SKIP	50 PUSHUPS, 160 SQUATS 5 MIN SKIP

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## ALMOND JOY HOT CHOCOLATE

Warm up this winter with a delicious sweet treat! This recipe serves four.

### INGREDIENTS:

- 1/4 cup sliced almonds
- 4 cups unsweetened almond milk
- 1/4 cup cocoa powder
- 1/4 cup SPLENDA® Sugar Blend
- 1/2 teaspoon coconut extract
- 1/2 cup fat-free whipped topping



### INSTRUCTIONS:

- Add almonds to a dry sauté pan over medium-high heat and sauté until lightly toasted. Set aside to cool.
- Add almond milk, cocoa powder, SPLENDA, and coconut extract to a blender and blend until incorporated and slightly foamy.
- Add hot chocolate mixture to a saucepan over medium heat and bring to a simmer.
- Add one cup of hot chocolate to each coffee mug, top with 2 tablespoons whipped topping and sprinkle with 1 tablespoon cooled, toasted almonds.

### Cold or flu? Know the difference!

Symptoms	Cold	Flu
Fever	Sometimes, usually mild	Usual; higher (100-102°F; occasionally higher, esp. in young children); lasts 3-4 days
Headache	Occasionally	Common
General aches, pains	Slight	Usual; often severe
Fatigue, weakness	Sometimes	Usual; can last 2-3 weeks
Extreme exhaustion	Never	Usual; at the beginning of illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate; hacking cough	Common; can become severe
Complications	Sinus congestion, middle ear infection	Sinusitis, bronchitis, ear infection, pneumonia; can be life-threatening
Prevention	Wash hands often; avoid close contact with anyone who has cold	Wash hands often; avoid close contact with anyone who has flu symptoms; get annual flu vaccine
Treatment	Decongestants; pain reliever/fever reducer medicines	Decongestants, pain relievers or fever reducers are available over the counter (OTC); OTC cough and cold medicines should not be given to young children; prescription antiviral drugs for flu may be given in some cases; call your health care provider for more information

# The best prevention against illness: Handwashing

Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. Hand-washing requires only soap and water or an alcohol-based hand sanitizer — a cleanser that doesn't require water.

Find out when and how to wash your hands properly.

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

Always wash your hands before:

- Preparing food or eating
- Treating wounds, giving medicine, or caring for a sick or injured person
- Inserting or removing contact lenses

Always wash your hands after:

- Preparing food, especially raw meat or poultry
- Using the toilet or changing a diaper
- Touching an animal or animal toys, leashes or waste
- Blowing your nose, coughing or sneezing into your hands
- Treating wounds or caring for a sick or injured person
- Handling garbage, household or garden chemicals, or anything that could be contaminated — such as a cleaning cloth or soiled shoes
- Shaking hands with others

In addition, wash your hands whenever they look dirty.

It's generally best to wash your hands with soap and water. Follow these simple steps:

- Wet your hands with running water — either warm or cold.
- Apply liquid, bar or powder soap.
- Lather well.
- Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean or disposable towel or air dryer.
- If possible, use a towel or your elbow to turn off the faucet.

Antibacterial soaps, such as those containing triclosan, are no more effective at killing germs than is regular soap. Using antibacterial soap might even lead to the development of bacteria that are resistant to the product's antimicrobial agents — making it harder to kill these germs in the future. In 2016 the Food and Drug Administration issued a rule under which over-the-counter consumer antiseptic wash products containing the majority of the antibacterial active ingredients — including triclosan and triclocarban — can no longer be marketed to consumers. These products include liquid, foam and gel hand soaps, bar soaps and body washes.

