

## Another Weekly Update from 'H' and 'J'...

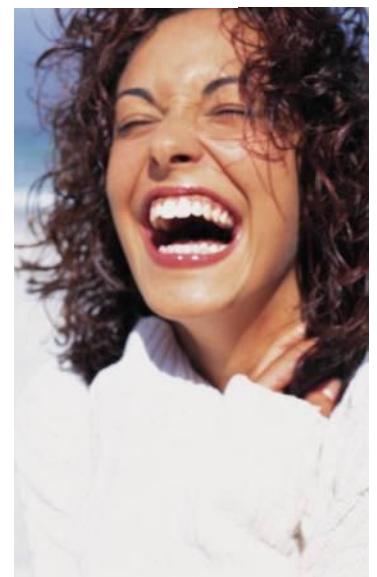


## Beat the January Blues!

### Create a happy, healthy you!

Now the party season is over, it's time to face the New Year ... and those January blues! So here's how to create a happier, healthier you!

- **Eat healthy food** - don't reach for comfort foods like sweets and crisps. Keep your blood sugar levels stable by eating little and often.
- **Get some exercise** - not only is exercise crucial for a healthy heart and general well-being but exercise helps you feel mentally sharp and emotionally positive.
- **Get outdoors** - Go for a brisk walk at lunchtime. Sunshine is the main source of Vitamin D, which is important for healthy bones and helps make us happy.
- **Don't hibernate** - get out with your friends and laugh! Laughter increases 'happy hormones' which have a positive impact on your immune system and reduce stress.



Don't forget, we're here to help you stay healthy & happy in 2010!

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