

Health and wellness tips for your work and life—presented by HealthCheck360°

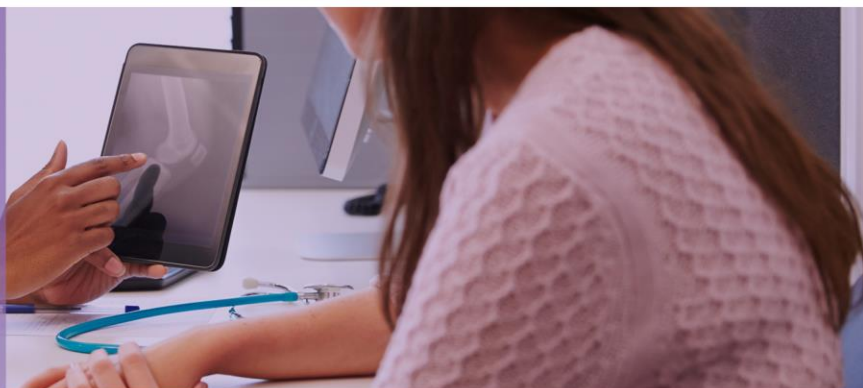
Winter Sports Safety Tips

The cold, crisp air and breathtaking views are just a few of the simple joys associated with winter sports. To ensure that your skiing or snowboarding excursions remain safe, be sure to keep in mind the following five tips:

1. Inspect your skiing or snowboarding equipment to ensure that it is in good working condition.
2. Wear protective headgear, such as a helmet and snow goggles.
3. Yield to skiers or snowboarders in front of or below you on the slope.
4. Carry a fully charged cellphone with you at all times.
5. Never drink alcohol while skiing or snowboarding.



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New Year's Resolutions: Lifestyle Changes vs. Quick Changes

Historically, one of the top New Year's resolutions is to lose weight. Unfortunately, many people look to fad diets and weight-loss products to achieve their goals quickly. While fad diets may prove effective initially, research shows that many people don't find long-term success with these types of diets.

Instead of setting a goal to lose weight fast this New Year's, set a goal to lead a healthier lifestyle. Common lifestyle New Year's resolutions include the following:

- **Exercise regularly**—Aim to get at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity a week and to do strength training exercises of major muscle groups at least twice a week.
- **Maintain a well-balanced, healthy diet**—Try to eat a variety of fruits, vegetables, whole grains, protein-rich foods and healthy fats. Make it a goal to incorporate more fruits and veggies into your diet.
- **Increase the amount of sleep you get**—One of the best ways to become healthier is to get enough sleep. Try to get at least seven hours of sleep, the expert-recommended amount, per night.

Regardless of what you choose to make your New Year's resolution, make sure it is a "SMART" goal—one that is specific, measurable, attainable, realistic and timely—to increase the odds that you will stick to it.

RICE-CRUSTED PIZZA

This is a versatile, gluten-free pizza recipe. You can experiment using different kinds of rice, cheese and toppings.

- 2 cups cooked rice
- 16 ounces shredded mozzarella cheese
- 1 egg
- ¼ tsp. salt
- 2 cups tomato puree

Directions

Heat the oven to 350 degrees Fahrenheit. Grease a 12-inch pizza pan or baking sheet.

Crack the egg in a mixing bowl, stirring until blended. Add the cooked rice, half of the cheese and the salt. Mix well to combine the ingredients.

Spread the rice mixture in the prepared pan, pressing firmly and making the outer edge slightly raised. Cook for 10 minutes.

Spread the tomato puree evenly over the rice mixture, and sprinkle any additional toppings over the sauce. Bake for 15 minutes. Add the remaining cheese to the top and bake for an additional five minutes to melt it.

Makes: 12 servings

Nutritional Information (per serving)

Total Calories	170
Total Fat	9 g
Protein	11 g
Carbohydrates	12 g
Dietary Fiber	1 g
Saturated Fat	5 g
Sodium	320 mg

*Percent Daily Values are based on a 2,000 calorie diet.

3 Steps to an Injury-free Workout

Exercise is a great way to combat stress, lose weight and boost energy. To get the most from your workouts, you should add warming up, cooling down and stretching to your routine. These three simple steps are proven to help prevent painful and costly injuries.

1. Warming Up

Warming up allows your body time to adjust from rest to activity. Always remember to gradually increase the intensity of your warmup to reduce stress on your bones, muscles and heart.

2. Cooling Down

As with warming up, cooling down should include movements similar to those in your workout, but at a gradually decreasing level of intensity.

3. Stretching

After cooling down, stretching helps to build flexibility and range of motion. When stretching, follow the guidelines below:

- Use gentle and fluid movements and breathe normally.
- Never force a joint beyond its normal range of motion; you should not feel any pain.

6 Full-body Stretches

Hold each stretch for 40 seconds.



neck stretch



shoulder stretch



tricep stretch



pelvic stretch



quad stretch



forward stretch