The U.S. Office of Disease Prevention has released its updated “Physical Activity Guidelines for Americans.” Only 26% of men, 19% of women, and 20% of adolescents meet these recommendations. For adults, that’s 150 minutes per week of vigorous-intensity aerobic physical activity and two days of muscle-strengthening activity. Will you have a New Year’s resolution focused on wellness? If so, use a coach, gym resource, motivational videos, or even your EAP to keep yourself on track if motivation slips. Fact: Half of all American adults have one or more preventable chronic diseases, and 10% of all premature mortality is associated with failure to meet recommended levels of aerobic physical activity.

Information in FrontLine Employee is for general informational purposes only and is not intended to replace the counsel or advice of a qualified health or legal professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact a qualified professional. Add “http://” to source links to follow. Link titles are always case sensitive.
Honest Conversations

Healing Relationships with Honest Conversations to bring you both closer.

...to bring you both closer. Honest conversations have a positive impact on relationships and help overcome resentment.

They product more satisfying relationships and help overcome resentment. Honest conversations can help. You can approach the problem with empathy and understanding. Ask, “What will management above my boss additionally want in this report that was not requested?” Avoid more mistakes. How to do it: Don’t ignore the small voice of warning in your head that says, “I better get clarification on...” Better check on... “I should inform my boss about...” Take action to solve problems others ignore. How to do it: When you spot a problem that needs to be fixed, claim the high ground and create a solution or initiate the process if others are needed to participate. Practice positivity. How to do it: No one feels happy all the time, but you can make a positive attitude your calling card. It will be remembered more easily than your name will.

Systematize and organize. How to do it: Create systems to save time and reduce repeating time-consuming tasks. This frees you for greater productivity, improved energy, and less fatigue.

Maintain a neat and orderly work area or office that greets you with a smile when you arrive at work. You’ll feel more energetic as you start your day.

Avoiding Overspending on Holiday Gifts

To prevent overspending during the holidays, first decide how much you want to spend. Take time early in the season to create a list of those for whom you will buy gifts. Think of the gifts, research ideas, and assign a gift to each person and an amount that you will spend. Don’t wait until the last minute to shop. Doing so will add pressure to get the shopping done at all costs. Likewise, avoid walking around in stores looking for gift ideas to match your budget. Doing so will risk impulse spending—buying on emotion or out of frustration. To maximize control over your budget limit, use only cash. You’ll reduce impulse buys because once the cash is gone, it’s gone. Want an endless list of creative no-cost gift ideas? Log in to pinterest.com and search “no-cost gift ideas.”