

How To Keep On Track

1. **H2O.** Keep a bottle or glass of water at your desk. That way, you will easily be able to get in the recommended daily intake of six 8-ounce glasses per day.
2. **BROWN BAG IT.** Bringing your lunch from home allows you to control portion size and watch your calories. Planning ahead also helps to avoid fast food temptations.
3. **SNACK SMART.** Resist the temptation to snack mindlessly through out the day. If you to fall prey look to healthy snacks like fresh fruit, veggies, and salsa.
4. **MOVE IT & LOSE IT.** Make an effort to be active during the day. Parking further away from the door, walking to a colleagues desk instead of e-mailing or calling, or taking the stairs are all good ways to get exercise without thinking about it.
5. **JOIN IN.** Get your co-workers involved. Try organizing an at-work exercise or diet group. That way you have a built in support group.

Source: www.weightwatchers.com

Did You Know... Laughing appears to boost your blood flow? Researchers at the American College of Cardiology say it also may reduce your risk of developing heart disease. But that's not all, laughing has been found to help fight infections, ease pain, and help control diabetes.

Source : BUPA, March 2005

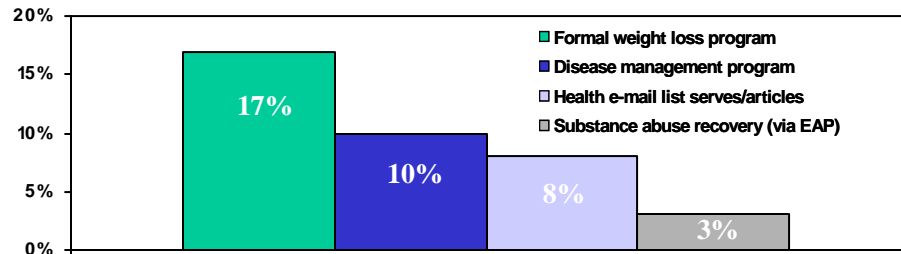
HEALTH TIPS

With holidays just around the corner now is an even better time to focus on health. General good health in your company can help not only your waistline, but also your bottom line when considering the rise of health insurance premiums and lost productivity. These tips can make your workplace happier, healthier, and more productive.

Are You Gaining On The Job?

CareerBuilder.com released details of a survey they conducted concerning workplace health and found some startling results. 46% of workers report they have gained weight since starting their current jobs. Employees in sedentary jobs such as IT, accounting/finance workers, and government workers are at more risk than workers in industries like sales and retail. The good news is that 80% of employees reported that their companies offer some sort of gym memberships, workout facilities, or weight loss programs. It's never too late to start a wellness program and encourage your employees to exercise.


Percentage of employees who've participated in health behavior modification program





Source: Forrester Research


Lower Your Risk Of Breast Cancer

According to the National Cancer Institute breast cancer is the most common type of cancer for women other than skin cancer. Although some risk factors may be out of a woman's control there are some findings that say certain lifestyle changes could lower your chances of developing breast cancer.

 **Cut Fats.** Choose foods that are high in fiber, such as beans, whole grains, fruits, and cruciferous vegetables such as cabbage, broccoli, and brussels sprouts.

 **Limit Alcohol.** Cut down on alcohol consumption if you drink. More than 40 studies have found a link between heavy drinking and an increased risk of breast cancer.

 **Get Screening.** Do monthly self-exams and see your physician regularly. Ask your healthcare provider when to start scheduling mammograms and how often to have them.

 **Keep Active.** Research suggests that exercise may help prevent breast cancer. One study found women who exercised at least four hours a week cut their cancer risk by 60%, women who worked out 1-3 hours a week reduced their cancer risk by 30%.

Source: TopHealth, October 2006

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