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NEW YEARS RESOLUTION

SELF-CARE AND PERSONAL GROWTH

As we step into the new year, many of us take a moment to think about our lives and make plans to make them better. New Year's resolutions are a great opportunity to focus on taking care of ourselves and growing as individuals for a healthier and more fulfilling future.

- **Prioritize Mental Health** - Resolve to prioritize your mental health this year. Include mindfulness practices like meditation and deep breathing in your routine. Dedicate time to activities that bring joy, like reading, spending time in nature, or enjoying a hobby. ThriveOn offers resources such as meQuilibrium and Self Care by AbleTo to support your mental well-being.

- **Cultivate Healthy Habits** - Focus on lasting habits instead of ambitious fitness goals. Establish a consistent exercise routine, a balanced diet, staying hydrated, sufficient sleep, and regular doctor's visits. Gradual, sustainable adjustments can lead to substantial improvements over time. [Check out the list of virtual classes offered through ThriveOn.](#)
- **Embrace Continuous Learning** - Personal growth is intertwined with ongoing learning. Whether acquiring new skills, pursuing hobbies, or expanding knowledge, committing to lifelong learning is rewarding. Enroll in courses, attend workshops, or dedicate time each week to explore topics that interest you.
- **Establish Boundaries** - A key aspect of self-care is creating and maintaining healthy boundaries. Be mindful of your needs and limitations, learn to say no when necessary, and communicate boundaries effectively. Set limits on work hours, social commitments, and activities that may impact your well-being.
- **Foster Positive Relationships** - Human connections are crucial for happiness and personal growth. Make a resolution to spend quality time with loved ones, reconnect with old friends, or make an effort to meet new people. Surrounding yourself with a supportive community can profoundly impact your overall well-being.

Beyond a calendar change, the new year is an opportunity for personal transformation. Each resolution is a step towards a better version of yourself, whether focusing on mental well-being, building habits, embracing learning, setting boundaries, or fostering positive connections. Let these choices shape your personal growth and well-being in the months ahead.



JANUARY JUST GOT EASIER

WITH WEIGHTWATCHERS

Building healthier eating habits happens one decision at a time. That's why WeightWatchers® poured their expertise about eating healthier—and deliciously—into What to Eat. It's a new tool that makes it simple to figure what to eat when you're out, and what to cook at home. And it's always there for you, no matter where the day takes you.

You don't have to give up the foods you love this new year! All benefits eligible employees and enrolled spouses/domestic partners get an exclusive discount of 50% off the retail price and can join now for as low as \$9.75 per month.* Sign up at WW.com/FCC

Want another boost for your new year?

Boost your New Year with WeightWatchers! Attend their free webinar, "Momentum: The Secret to Maintaining Your Healthy Habits," on Thursday, February 29th, at 1:00 PM.

[Claim your free ticket now](#) for practical tips and strategies to keep your wellness journey on track. Don't miss this chance to reinforce your healthy habits. [Reserve your spot today!](#)



BUILDING A HEALTHIER YOU

PRACTICAL LIFESTYLE HABITS FOR WELL-BEING

As winter sets in, the allure of staying indoors and taking a break from everything can be strong. It's easy to feel unmotivated and neglect our well-being during this season.

However, cultivating healthy lifestyle habits can lead to a more fulfilling and energized life. To overcome the winter lull, consider the following tips:

Prioritize Sleep: Quality sleep is the cornerstone of a healthy lifestyle. Aim for 7-8 hours of sleep each night to recharge your body and mind. Establish a consistent sleep routine by going to bed and waking up at the same time every day.

Nutritious Eating: Explore hearty, seasonal foods that not only warm your body but also provide essential nutrients. Incorporate soups, stews, and roasted vegetables into your diet.

Stay Hydrated: Hydration is key, and what better way to stay warm and cozy than with winter-inspired herbal teas? Try chamomile, peppermint, or ginger tea to not only keep you hydrated but also boost your immune system during the colder months.

Winter Workouts: Embrace the winter landscape for your exercise routine. Try activities like ice skating, sledding, or even a brisk winter walk in a snowy park. These activities not only keep you active but also allow you to enjoy the beauty of the season.

Mindfulness and Stress Management: Incorporate mindfulness practices into your daily routine, such as meditation or deep breathing exercises. Managing stress is vital for both mental and physical health. Identify stressors and develop healthy coping mechanisms to navigate challenges effectively.

Connect Socially: Instead of hibernating indoors, connect with loved ones through winter-themed activities. Plan a snowman-building day, organize a friendly snowball fight, or gather around a fireplace for cozy conversations. Social connections are vital for winter well-being.

Screen Time Management: Embrace the enchanting winter evenings by reducing screen time. Instead, opt for activities like reading a good book, playing board games, or enjoying the warmth of a crackling fireplace. Unplug and savor the simplicity of winter evenings.

Building a healthier you is a journey that involves making small, sustainable changes to your lifestyle. These habits contribute to a healthier and more enjoyable winter experience, fostering personal growth and overall self-care. Embrace the simplicity of these actions, both in your daily routine and within, and carry this positive energy into the upcoming seasons.



NATIONAL BLOOD DONOR MONTH

DONATE TO SAVE A LIFE

The month of January often witnesses critical blood shortages due to decreased donations during the holidays and the impact of the cold and flu season. Winter weather can also disrupt blood drives. To raise awareness about this issue, the [Association for the Advancement of Blood & Biotherapies](#) designates January as National Blood Donor Month.

SURPRISING BENEFITS OF DONATING BLOOD

- 1. A free health screening:** Before donating blood, individuals undergo a thorough health screening. This process checks vital signs and can detect conditions requiring medical attention, such as high blood pressure or heart arrhythmias like atrial fibrillation. Additionally, donors are screened for infectious diseases.
- 2. A healthier heart and vascular system:** Regular blood donation is associated with [lower blood pressure and a reduced risk of heart attacks](#). It helps lower blood viscosity, which is linked to a decreased likelihood of blood clots, heart attacks, and strokes, especially in cases of high hemoglobin.
- 3. A happier, longer life:** A single blood donation can save up to three lives, according to the [U.S. Department of Health and Human Services](#). Beyond the altruistic satisfaction, studies show that volunteering and altruism are connected to positive health outcomes, including a lower risk of depression and increased longevity.

DONATION ELIGIBILITY

In just 45-60 minutes, an eligible individual can donate one unit of blood, which can be separated into four components to save multiple lives. The Red Cross facilitates the donation process and makes it easy to find a [donation location](#). When scheduling an appointment, consider asking:

- What are your general donor requirements? (Most places require you to weigh a minimum of 110 pounds, be at least 16 years old and be generally healthy).
- What kind of identification is required? (First-time donors are usually asked to present two forms of identification—the type of identification needed varies by facility).
- If you have any particular health concerns or have traveled outside of the country, it's also a good idea to inform the blood bank at the time you are making your appointment.

Donating blood is a crucial act of compassion, especially in January's critical shortages. Schedule a quick, life-saving appointment to benefit both yourself and others. Your brief contribution directly impacts community well-being, making each donation a powerful gesture of humanity.



Q4 GYM REIMBURSEMENT

DUE JANUARY 12, 2024

Did you know that if you attended a gym from October 1 through December 31st, 2023 you can receive up to \$25/month toward the cost of your membership? Eligible memberships include boutique studios, personal training, at-home/virtual memberships, and more!

If you're not sure if your membership qualifies, contact ThriveOn – we're here to help! All you have to do is use your membership on 8 different days each month. Proof of payment and visits is required. Click [HERE](#) for more information and to complete your reimbursement request today. Quarter 4 (October 1 - December 31) requests are **due by Friday, January 12, 2024**.