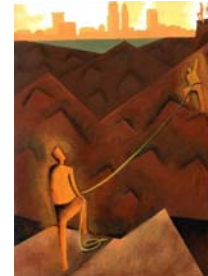


December 2009

Healthclips

from Herbruck Alder



In This Issue

National Handwashing
Awareness Week

Helpful Health Hints

Wellness Adventurers

Local Events

Healthy Recipe

Quote

*"True enjoyment
comes from activity
of the mind and
exercise of the body;
the two are ever
united."*

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Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.



National Handwashing Awareness Week

Adults and children need to know that the simplest solution to primary infection prevention is to NEVER put a finger in your eyes, nose or mouth!

If we could change this one human behavior, the result would be that there would NEVER be a Pandemic!!! Human beings would STOP "growing" infectious diseases, much like a petri dish. 4 Principles of Hand Washing:

- Wash your hands when they are dirty and before eating.
- Do not cough into your hands.
- Do not sneeze into your hands.
- Above all, never put your fingers in your eyes, nose or mouth.

[Click here](#) for additional information

Helpful Health Hints presented by Herbruck Alder

Your Holiday Fitness Program

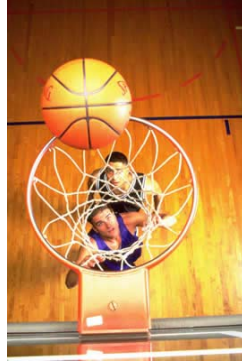
The holiday season can be enough to derail even the most dedicated exerciser. Here are some tips to help you stay fit through New Year's.

[Click here](#) to read more.

Molecular Proof: Exercise Keeps You Young

People who exercise regularly tend to stay healthier as they age, and now new research may explain why at a cellular level. Compared to people who did not exercise, elite runners in the study had cells that looked much younger under a microscope.

[Click here](#) to read more.

Herbruck Alder Wellness Adventurers**Staying Fit During the Holiday Season**

With the cold weather on its way, now is the time to begin thinking about how to keep in shape during the winter months. Some people choose to get a membership to a gym. Others deal with the chill and get their run in despite the temperature. Here at Herbruck Alder, some people already have their own ideas in mind.

[Click here](#) to read more.

Local Community Events

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.

**Healthy Recipe****Spiced Carrot Soup**

Use canned carrots in this soup to save on both preparation and cooking times. Naturally low fat buttermilk adds a touch of creaminess.

[Click here](#) to see recipe.

Contact Us!

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

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