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January 2010

Healthclips

from
Herbruck Alder



In This Issue

Quote

"Don't put the key to happiness in someone else's pocket - keep it in your own."

- Unknown

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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 Healthy Weight Week

January 17-23



The **17th annual Healthy Weight Week** is a time to celebrate healthy diet-free living habits that last a lifetime and prevent eating and weight problems. Our bodies cannot be shaped at will. But we can all be accepting, healthy and happy at our natural weights.

Choose **two or three** of the following activities to carry through the week, at a comfortable level. Continue four months while gradually adding the others. Then decide how to keep them up all year.

- Stop dieting
- Be active in your own way every day
- Identify and build on your own special talents, traits and interests
- Feel good about others
- Promote good relationships and communication
- Rediscover normal eating
- Eat well. Include all five food groups every day
- Relax and relieve stress in your life
- Respect and appreciate size diversity

[Click here](#) for additional information.

Employer Wellness Survey Results Presentation & Panelist Discussion

Thursday, February 11, 2010

8:30 - 9:00am Registration and Continental Breakfast
 9:00 - 10:30am Presentation of Survey Results & Panel Discussion

Herbruck Alder and worksite wellness experts from Be Well Solutions, COSE, Cleveland Museum of Natural History, and Walter & Haverfield LLP will present the 2009 Employer Wellness Survey results and discuss current trends related to worksite and personal wellness.

Moderator: Mark Alder, President, Herbruck Alder

Panelists:

- Bill Frankel, Executive Vice President, Be Well Solutions
- Ginny Hridel, Product Manager - Health Insurance and Wellness Programs, COSE
- Eric Johnson, Esq., Partner; Head of Labor & Employment Dept., Walter & Haverfield LLP
- Linda Spurlock, Director of Human Health, Cleveland Museum of Natural History

Hilton Garden Inn Downtown Cleveland

Carnegie Ballroom West
 1100 Carnegie Avenue
 Cleveland, OH 44115

Register by February 4, 2010 - [Click here](#) to register or contact Alison Muth at amuth@herbruckalder.com or 216.377.2595. Complimentary parking available in the hotel parking lot.

Helpful Health Hints presented by Herbruck Alder

20 Ways to Get Healthier for Free

Celebrate the New Year with a new you by dipping into this smart batch of strategies to keep you happy and healthy (at no cost!) all year long.

- Borrow (don't buy) your next fitness DVD
- Get a free skin checkup
- Order a free health calendar
- Surf for deals

[Click here](#) to read more.

10 Healthy Eating Resolutions

Resolve to eat healthier now. Here are all the tools and recipes you need to eat the *Cooking Light* way.

- Try something new
- Choose healthy fats
- Cook more often

[Click here](#) to read more.

Herbruck Alder Wellness Adventurers Gone Fishing



Typically when the term "wellness" is referred to, it is often associated with staying physically fit or eating the right foods. While those are appropriate ways to think of wellness, they are not the only ways. Some people find relaxing ways to stay well. Being able to kick back and "get

away" from everything is just as important as eating right and exercising. One way to do this is fishing.

[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

15-Minute Chicken Gumbo



Need dinner in a flash? Try a super quick, super tasty gumbo made from convenience foods.

[Click here](#) for 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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