

LIVE WELL WORK WELL



Health and wellness tips for your work and life—
presented by [C_Officialname]

National Non-smoking Week

National Non-smoking Week (NNSW) is Jan. 15-21. Established in 1977 by the Canadian Council for Tobacco Control, it is one of the longest running and most important events in Canada's ongoing public health education efforts.

The goals of NNSW are as follows:

- To educate Canadians about the dangers of smoking
- To prevent non-smokers from starting to smoke and becoming addicted to tobacco
- To help smokers quit
- To promote the right of individuals to breathe air unpolluted by tobacco smoke
- To denormalize tobacco products and tobacco use
- To assist in the attainment of a smoke-free society in Canada

NNSW events offer smokers an opportunity to get support from others if they're trying to quit. For more information about NNSW, visit www.hc-sc.gc.ca/hc-ps/tobac-tabac/res/nnsw-snsf-eng.php.

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New Year's Resolutions: Lifestyle Changes vs. Quick Changes

Historically, one of the top New Year's resolutions is to lose weight. Unfortunately, many people look to fad diets and weight-loss products to achieve their goals quickly. While fad diets may prove effective initially, research shows that many people don't find long-term success with these types of diets.

Instead of setting a goal to lose weight quickly this New Year's, set a goal to lead a healthier lifestyle. Common lifestyle New Year's resolutions include the following:

- **Exercise regularly.** Aim to get at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity a week, and to do strength training exercises of major muscle groups at least twice a week.
- **Maintain a well-balanced, healthy diet.** Try to eat a variety of fruits, vegetables, whole grains, protein-rich foods and healthy fats. Make it a goal to incorporate more fruits and veggies into your diet.
- **Increase the amount of sleep you get.** One of the best ways to become healthier is to get enough sleep. Experts recommend getting at least seven hours of sleep per night.

Regardless of what you choose to make your New Year's resolution, make sure it is a "SMART" goal—one that is specific, measurable, attainable, realistic and timely—to increase the odds that you will stick to it.

