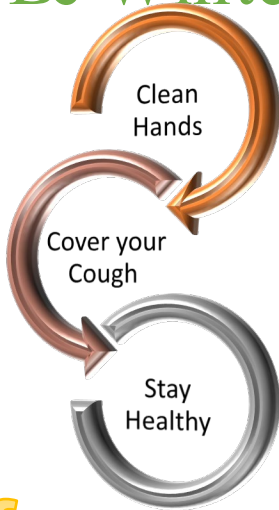


Be Winter Fit with Safe Winter Habits!

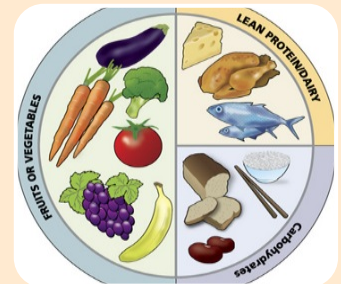
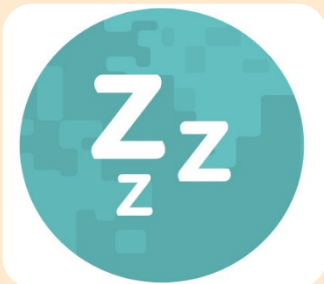


Heart Safety

- Daily Exercise
- Eat Healthy
- Manage Stress



Safe-guard your Immune System



- sleep schedule
- bedtime rituals
- quiet & dark room
- take a bath
- white noise
- deep breathing
- yoga

- outdoor sunlight
- daylight lamp
- read near window
- lunch date
- vitamin D
- de-stress
- meditation
- vacation

- physical activity
- sports
- walk at the mall
- sledding
- play games
- grocery weights
- socialize
- walking lunch

- in-season food
- try new recipe
- hydration
- cook at home
- low sodium
- green tea
- whole grain
- farmer's market

Why Clutter-Free Safety Zone?

- Increases efficiency
- Happier and more productive
- Boosts morale and image
- Reduces germs
- Prevents slips, trips and falls
- Stay organized
- Reduces chaos mentally & physically



Clutter zones:

- Computer – email, desktop
- Desk
- Home and Car
- Work space
- Drawers & cupboards
- Wallet and Finances
- Files