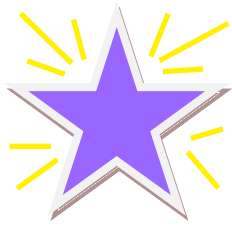


Here comes the 2010 Holiday
 to give thanks, observe, reflect and
 of promise and opportunity.
 the people in our lives, our
 workers. Let's also celebrate
 we can all make modest
 in our daily wellness
 greet 2011 with the
 optimism that comes
 together we can
 improve the
 wellness of our
 communities
 country.

Season ... a time for all of us
 look forward to a New Year full
 This is a time we celebrate with
 families, friends and co-
 this season remembering
 and meaningful changes
 behaviors. We will
 confidence and
 from knowing
 take steps to
 health and
 families, our
 and our



LET'S PUT A POSITIVE FACE ON WELLNESS IN 2011

Be honest and realistic.
Eating just 3 Christmas cookies a day can add one to one and a half pounds a week.
Drink plenty of water.
Plan ahead.
Believe in yourself.
Try to avoid "family and "holiday" conflict that can lead to stressful eating.
The average diner underestimates his or her calorie count by up to 93 percent when eating out.
The secret is moderation, not denial.
Take a family walk.

Visualize your serving sizes. A serving of mashed potatoes is the size of a computer mouse. A serving of turkey, the size of a deck of playing cards.

