



# WELLNESS NEWSLETTER

4 PAGE, FULL COLOR  
100% Original Content



**Movement:** Motivating ideas to incorporate physical activity into daily life.



**Healthy Eating:** Foods that feed our body and mind.



**Self-Care | Health Condition | Balance**  
Dealing with stress, medical, self-care, mindfulness, work-life balance.



**Financial | Medical | Safety | Life**  
Daily decisions lead us down different paths and determine the life we lead.

## CONTENT INCLUDED PER CATEGORY IN EACH ISSUE:

- Page 1 - Inspire To Move: One full-page cover article
- Page 2 - Nourishing You: Two articles and a recipe
- Page 3 - Health Harmony: Two articles and health tip
- Page 4 - Good Decisions: One half-page article and a quiz

- Content** is taken from evidence-based information and written in a creative writing style that makes it more appealing and relevant.
- Personalize** to your brand and promote your internal programs and benefits.
  - Wellness website and program deadlines.
  - Carrier programs and EAP.
  - Events, and challenges.
- Delivery Options:**
  - Electronic PDF or print options.
  - Bulk ship or direct mail to homes (engage spouses and families).
- Eco friendly** - Printed on recycled paper and/or delivered electronically.

	ELECTRONIC LEVEL	INCLUDES	COST PER ISSUE
<b>1</b>	<b>STANDARD</b>	PDF newsletter with logo	\$295
<b>2</b>	<b>PERSONALIZED</b>	Logo/masthead with branding on cover and option for 1/2 page article on pg 4 to highlight programs or resources.	\$395
<b>3</b>	<b>CUSTOM</b>	Branding on cover and option to add/edit or replace existing articles within topic categories.	\$600

### PRINT:

Printed version based on number of copies. Call for a quote.  
Bulk shipping or individual mailing options priced separately.



## FUN and Fundraising

Participation in walking events and races can be a fun, low-impact way to get activity while helping to build awareness and raise funds in support of good causes. You can use the event as an end goal training plan, a personal challenge or just a way to get outside. If you haven't raced or walked in an official event, here are some guidelines to consider:

- Choose your challenge.** Decide on distance and venue. If signing up for a 5k, but you haven't been walking several miles a day already you will want to prepare.
- Gear up.** A reliable and comfortable pair of shoes will be your key to success.
- Preparation.** Build endurance and stamina through training. Get out daily and set goals to start at a slower pace and shorter distance, increasing gradually.
- Fuel up.** Replace highly processed foods with fresh fruits, vegetables and lean protein.

Whether you decide to walk or run, be sure to warm-up for about 10 minutes and have fun on your way.

**"The most effective way to do it, is to do it."**  
Amelia Earhart



### SHOULD YOU Clean Your Ears?

Earwax is like a self-cleaning filter for your ears, trapping dirt and dust. Doctors agree, never to put something smaller than your elbow into your ear canal. That means that cotton swabs can be used to remove earwax from the outside of the canal of your ears very carefully, but never inserted into the ear canal.

Wearing hearing aids, ear plugs or putting a cotton swab inside the ear canal can cause excess wax to develop. If too much earwax builds up and starts to cause symptoms the safest way to have it removed is to visit a doctor.

- IF YOU FEEL LIKE YOU HAVE TOO MUCH EARWAX BUILDUP YOU CAN GENTLY CLEAN THE OUTSIDE OF YOUR EARS:**
- Wipe the area using a warm, damp washcloth.
  - Gently rub the wax with over-the-counter eardrops that soften the wax.
  - Irrigate your ears using a syringe filled with water or a saline solution.

Ears usually do a good job cleaning themselves.

**"But Alas...EARWAX!"** J.K. Rowling



**Nextera**  
#healthydesklife  
November 11 - 22

Reclaim your energy and your health without even leaving your desk with the two-week #healthydesklife program.

- Master the grind by staying active and healthy right at your desk with our exercise calendar and easy to follow routines.
- Email [WellBeing@IP.com](mailto:WellBeing@IP.com) with the subject line "#healthydesklife" to sign-up today!

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