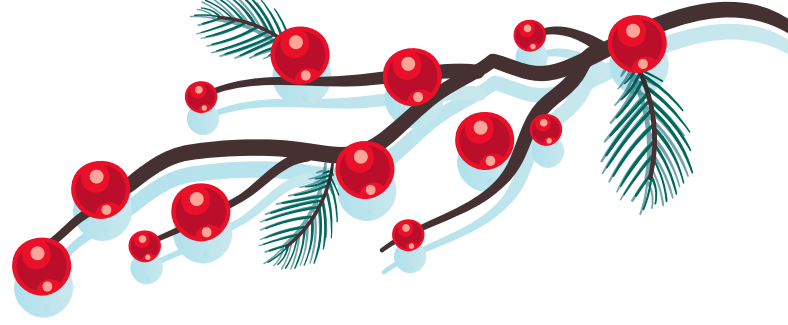


EASY MENTAL HEALTH EXERCISES to make the mind stronger



SKIN CARE TIPS FOR HARSH WINTERS

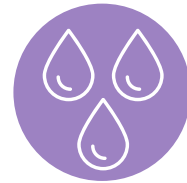
- Use a moisturiser according to your skin type
- Avoid hot showers and baths
- Indulge in good quality skin serums/oils
- Add good fat foods like nuts in your diet
- Take good care of lips and eye area
- Avoid using harsh cleansers/exfoliators
- Apply petroleum jelly to dry feet, elbows and knees
- Use moisturising face masks like that of honey, vitamin C
- Invest in a humidifier



DO YOU KNOW how AIDS does NOT spread?



BY HANDSHAKES



BY SALIVA, SWEAT OR URINE



BY INSECT BITES



BY SHARING FOOD



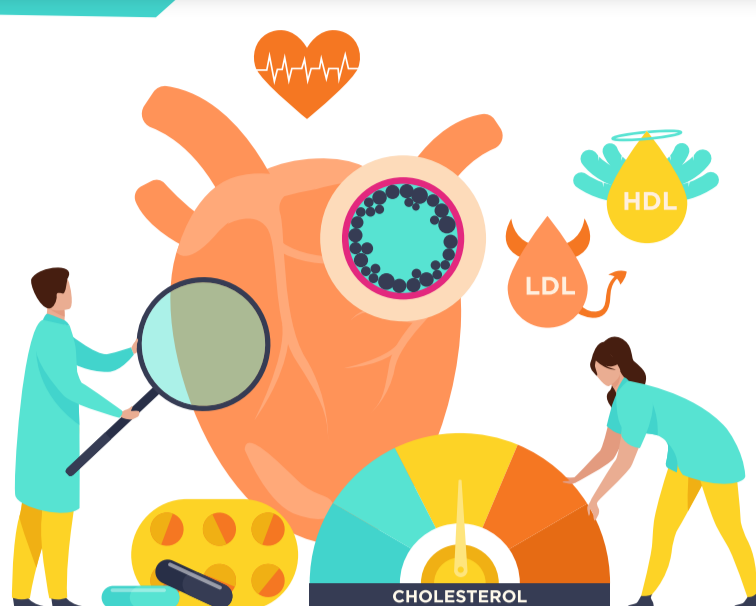
BY TOUCH - TOILET FAUCETS, DOORS, ETC



BY SHARING A LIVING SPACE



HOW TO KEEP CHOLESTEROL IN CHECK?



Adapt healthy lifestyle with some physical activities like exercise/dance/sports

Reduce trans fat- check labels of any processed food you buy

Eat meat with lesser amount of saturated fats like chicken and fish

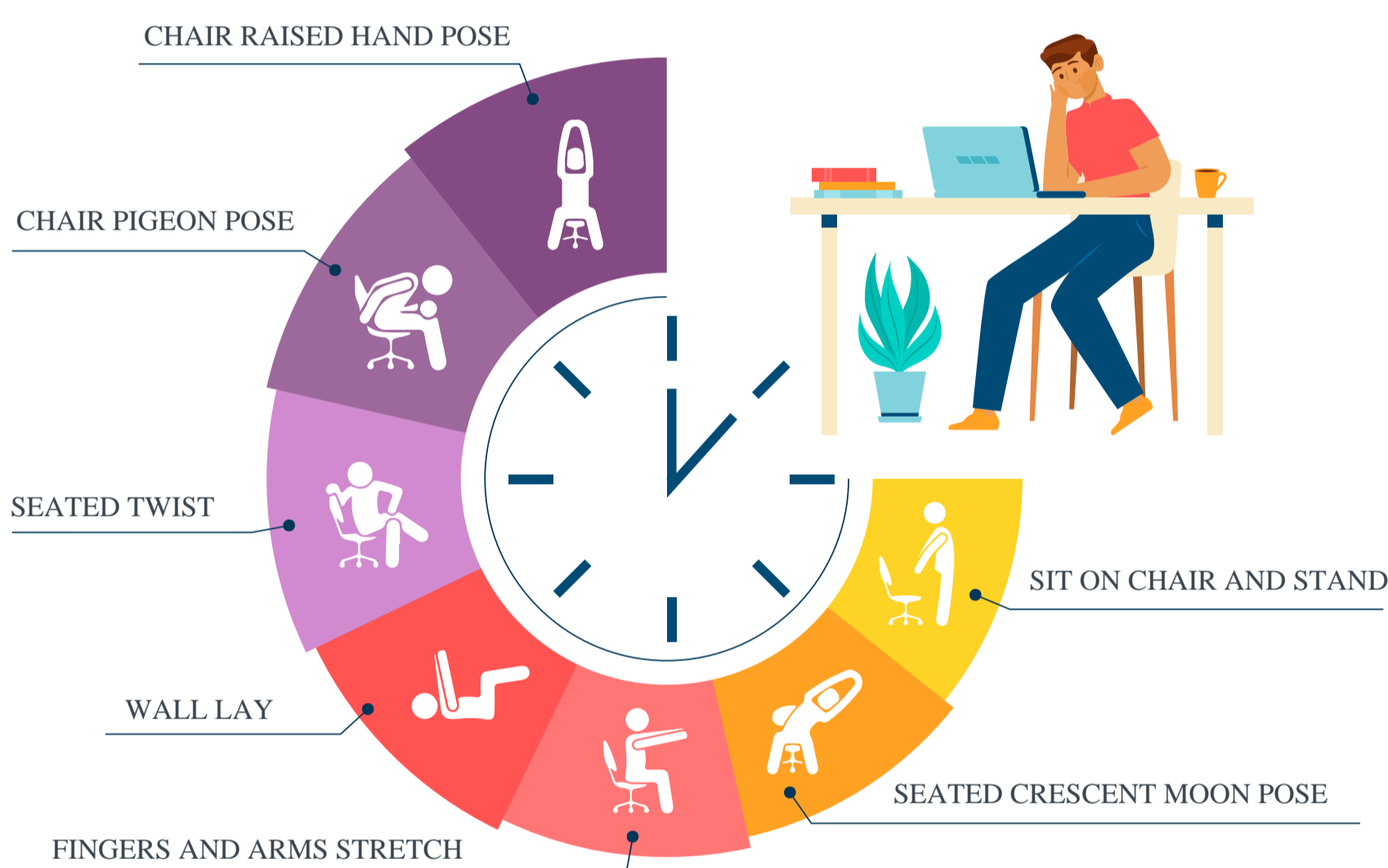
Eat whole foods with soluble fibre- kidney beans, quinoa, chickpeas etc

Try to maintain weight in healthy ranges

Avoid smoking cigarettes and drinking alcohol

Get a consultation from a dietician for a low cholesterol diet

SOME QUICK EXERCISES you can use in WFH routine



AVOIDING NASAL CONGESTION THIS WINTER



PROTEINS: RDA AND SOURCES

Proteins are the main building blocks of your body. They're used to make muscles, tendons, organs, and skin, as well as enzymes, hormones, neurotransmitters, and various molecules that serve many important functions.

Reference values for protein intake is 0.9 g/kg/day for everyone from age 2-18

Between 15 and 18 years of age, the level decreases slightly for girls to 0.8 g/kg/day.

Lean meats – beef, lamb, pork

Poultry – chicken, turkey, duck

Fish and seafood – fish, prawns, crab, lobster, mussels, oysters, scallops, clams

Eggs

Dairy products – milk, yoghurt, cheese

Nuts (including nut pastes) and seeds – almonds, pine nuts, walnuts, macadamias, hazelnuts, cashews, pumpkin seeds, sesame seeds, sunflower seeds

Legumes and beans – all beans, lentils, chickpeas, split peas, tofu.



NEW YEAR'S RESOLUTIONS you must follow in 2022



- 1 Eat whole foods
- 2 Move more
- 3 Walk at least 10 min/day
- 4 Cut down caffeinated drinks
- 5 Get quality sleep
- 6 Avoid ordering food
- 7 Learn a new dance form/martial art/sports
- 8 Limit screen time
- 9 Eat at least 1 fruit/day
- 10 Practice meditation regularly



CHILL PILL CORNER

My goal was to loose 10 pounds this year...

Only 15 more to go.



For feedback and employee benefit requirement please write to sales.healthbenefits@jbbodamail.com

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