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NUTRITION

How to Read – and Understand! – Food Labels

We all know reading nutrition labels can be a key to healthy eating, but if you don't know what to look for they may as well be in a foreign language! Let this guide simplify it for you, then try out your new skills on your next grocery store run.

For the full guide, click here.

FITNESS

Build Your Home Gym on a Budget

If you're anything like me, dishing out a monthly fee for a gym membership that rarely gets used just isn't worth it. These tips from U.S. News will help you build an at-home gym for much less. As a bonus, you'll get to work out from the comfort of your home, *and* have no more excuses for not wanting to venture out to the gym on a snowy afternoon!

View the list here.

INTERPERSONAL

Giving Back

Do winter's short days and cold temperatures have you down? Instead of hibernating for the season, look for volunteer opportunities in your community to keep you active all winter. Not only will it make you feel great, you'll be making someone else's day, too!

Search here for opportunities near you.

STRESS RELIEF

Burnout Self-Check

Job burnout can seriously inhibit your work performance, stress levels, and personal satisfaction. To start the new year fresh, take this self-check quiz to see if you are at risk of job burnout. If you need assistance, remember your EAP is here to help!

To take the test, click here.

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