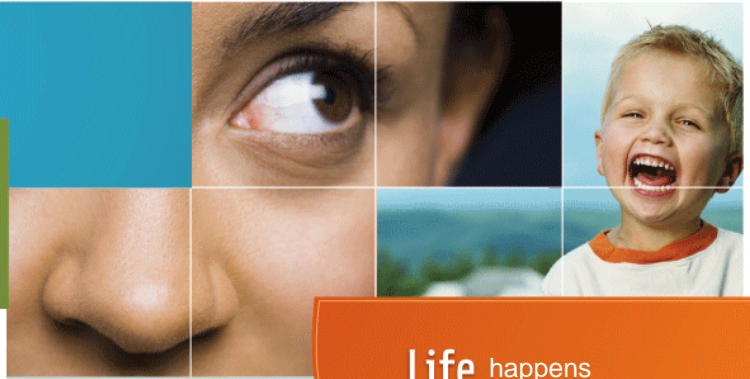


January 2009

HERE'S TO

you.

Provided by LifeWorks



Life happens

Starting Off on the Right Foot

January is a good time to think about making positive changes in your personal and work life. LifeWorks can help you get the new year off to a great start, whether you're trying to cut back on spending, adopt new healthy habits, or get organized at work.

This month LifeWorks is offering the *Walking* CD featuring nutritionist and author Miriam E. Nelson, Ph.D. She describes the physical, social, and emotional benefits of walking. Her ideas are helpful for beginners and for experienced walkers.

Also available is the *Taking Charge of Your Money* CD, offering down-to-earth tips to help you take charge of your money and get back in control. The recording features financial expert Amelia Tyagi and includes real-life stories from people who have faced money challenges and dealt with them.

This month, LifeWorks is also launching the first of its 12 monthly podcasts for managers.



You can also read or download these informative articles:

(LifeWorks Online user ID and password provided below)

Saving Money on Home Heating Costs- The cost of heating your home this year is expected to rise dramatically thanks to increased prices of heating oil, natural gas, and electricity. [Read more](#)

Shopping Tips to Save Time and Money- You'll save money and time if you do your homework before you buy and if you shop carefully when you make both big and small purchases. [Read more](#)

Getting to the Heart of a Healthful Diet- A heart-healthy lifestyle isn't about deprivation. It's about eating more—more fruits, more vegetables, more whole grains, and more unsaturated fats. [Read more](#)

Reduce Stress: Fit Fitness into Your Life-Regular exercise, especially aerobic exercise, is one of the best ways to reduce stress. [Read more](#)

Getting Organized at Work- When your work life is organized you're able to be more productive. But getting organized at work takes time and energy. [Read more](#)

Setting Life Priorities: Figuring Out What Is Important to You- Find information and advice about figuring out what is really important to you and making sure your life reflects your priorities. [Read more](#)

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