

Employee Newsletter



WellConnect

Life and Workplace Solutions

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4/1/2011

<http://www.wellconnectep.com/>

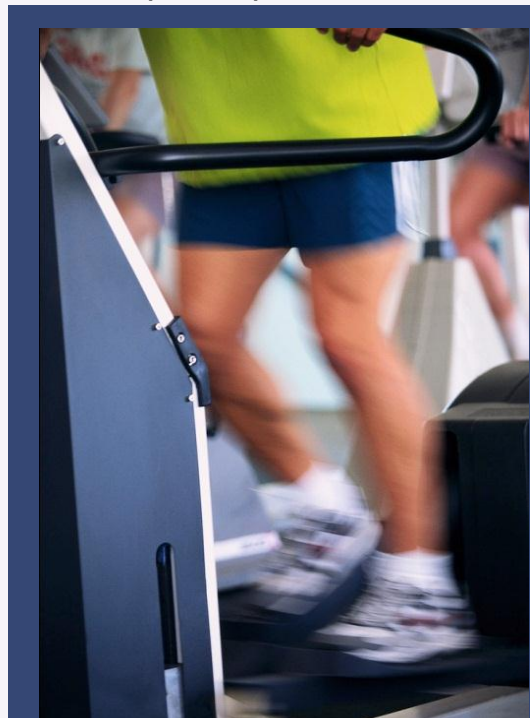
Improving Physical Fitness with Exercise

There are 1,440 minutes in every day. Schedule 30 of them for physical activity!

Regular exercise is a critical part of staying healthy. People who are active live longer and feel better. Exercise can help you maintain a healthy weight. It can delay or prevent diabetes, some cancers and heart problems.

Most adults need at least 30 minutes of moderate physical activity at least five days per week. Examples include walking briskly, mowing the lawn, dancing, swimming for recreation or bicycling. Stretching and weight training can also strengthen your body and improve your fitness level.

The key is to find the right exercise for you. If it is fun, you are more likely to stay motivated. You may want to walk with a friend, join a class or plan a group bike ride. If you've been inactive for awhile, use a sensible approach and start out slowly.



<http://www.nlm.nih.gov/medlineplus/>



**Please remember to
contact the EAP as soon as
you become aware of an issue
that may warrant counseling.**

We are here to serve you!

48 Exercise Ideas

1. Aerobics
2. Ballet
3. Baseball
4. Basketball
5. Biking
6. Boating
7. Bowling
8. Boxing
9. Canoeing
10. Dance Revolution
11. Dancing
12. Double Dutch
13. Field Hockey
14. Football
15. Frisbee
16. Golf
17. Gymnastics
18. Hiking
19. Hockey
20. Hopscotch
21. Horseback Riding
22. Hula hooping
23. Ice Skating
24. Jogging
25. Juggling
26. Jump rope
27. Laser tag
28. Paintball
29. Ping-Pong
30. Playing catch
31. Rock Climbing
32. Roller Blading
33. Roller Skating
34. Running
35. Skateboarding
36. Skiing
37. Soccer
38. Softball
39. Swimming
40. Tae Kwon Do
41. Tennis
42. Trampoline
43. Treadmill
44. Unicycling
45. Volleyball
46. Walking
47. Weightlifting
48. Wii sports games

<http://zenhabits.net/48-fun-exercises/>

Depression Explained

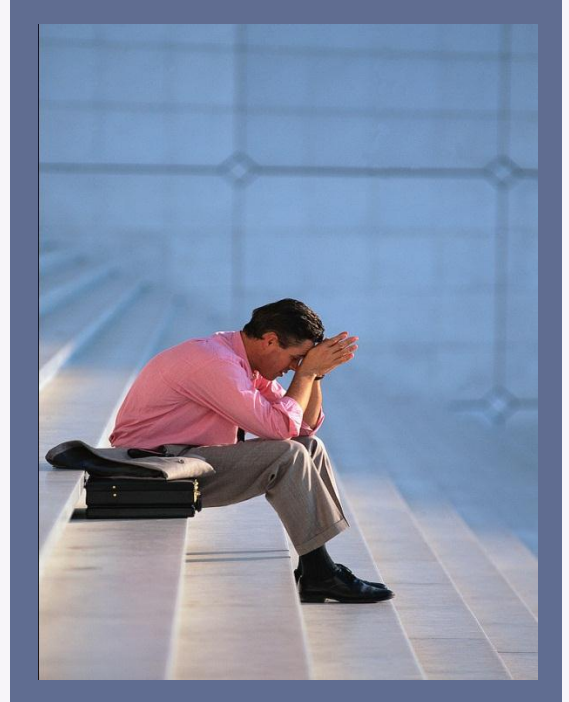
Depression is a serious medical illness that involves the brain. It's more than just a feeling of being "down in the dumps" or "blue" for a few days. If you are one of the more than 20 million people in the United States who have depression, the feelings do not go away. They persist and interfere with your everyday life. Symptoms can include

- Sadness
- Loss of interest or pleasure in activities you used to enjoy
- Change in weight
- Difficulty sleeping or oversleeping
- Energy loss
- Feelings of worthlessness
- Thoughts of death or [suicide](#)

Depression is a disorder of the brain. There are a variety of causes, including genetic, environmental, psychological, and biochemical factors. Depression usually starts between the ages of 15 and 30, and is much more common in women. Women can also get [postpartum depression](#) after the birth of a baby. Some people get [seasonal affective disorder](#) in the winter. Depression is one part of [bipolar disorder](#).

There are effective treatments for depression, including [antidepressants](#) and talk therapy. Most people do best by using both.

NIH: National Institute of Mental Health



5 Steps to Fighting Depression

1. **Exercise.** People who are depressed may not feel much like being active. But make yourself do it anyway. Once you get in the exercise habit, it won't take long to notice a difference in your mood.
2. **Nurture yourself with good nutrition.** Proper nutrition can influence a person's mood and energy. Even if you don't feel hungry, try to eat something light, like a piece of fruit, to keep you going.
3. **Identify troubles, but don't dwell on them.** Try to identify any situations that have contributed to your depression and talk about it. Once you air out these thoughts and feelings, turn your attention to something positive. Take action to solve problems. Ask for help if you need it.
4. **Express yourself.** Exercise your imagination and you not only get those creative juices flowing, you also loosen up some positive emotions. Take time for yourself. Find something to laugh about — a funny movie, perhaps. Laughter helps lighten your mood.
5. **Look on the Bright Side.** If depression has you noticing only the negative, make an effort to notice the good things in life. Consider your strengths, gifts, or blessings. Most of all, don't forget to be patient with yourself. Depression takes time to heal.

<http://kidshealth.org/teen/>