

**thinking ahead...**



for your company  
for your employees  
for your future

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Gallagher Benefit Services, Inc.

# WELLNESS WEEKLY



## Indulge Yourself!

Great ideas for affordable, healthy indulgences that can recharge your energy and spirit...

### Take Time to Stretch

Give your body a boost with a little stretching. Not only will stretching help ease tired muscles and increase flexibility, it improves your range of motion, circulation, and soothes away stress. Take it slow and hold each pose for ten seconds...then feel the relief!

### Get Some Sleep

Between a busy day of working, working out, and running errands, who has time to indulge in a good night's sleep? You do. A good night's sleep helps to ward off fatigue throughout the day. Experts say most adults need seven to eight hours every night.

### Get a Massage

A massage may feel like an expensive indulgence, but it's one luxury that's good for your physical and mental health. When you get a massage, your body releases endorphins, natural painkillers. A massage also reduces stress hormones, lowers anxiety, and raises your immunity.

### Get Moving!

Being active can lift your mood, help you sleep, and increase your energy. Don't call it exercise. Just call it a walk around the neighborhood, a tussle on the lawn with the kids, or digging in the garden. Ten minutes of each could even lead to fewer colds and a boost in brain power.

### Have a Good Laugh

Laughing is actually good for you! Studies show that a good belly laugh reduces stress, pumps up your immunity, improves blood flow, and stabilizes blood pressure. Laughing may even help keep blood sugar levels down and aid digestion.

### Nibble a Piece of Dark Chocolate

Dark chocolate has a rich taste that's a great treat for those with a sweet tooth. Studies have shown eating an ounce of dark chocolate each day can lower blood pressure, increase blood flow, and improve "good" cholesterol.