

LifeWorks
For all of life's questions.



March Feature - Making Healthy Choices

Want to boost your energy? Lower your stress? Are you trying to get your family to eat a healthier diet, get outside more, or spend less time in front of the TV? If you could use some help making healthier choices in your life—whether related to diet, exercise, managing stress, or just taking better care of yourself—*LifeWorks* is here to help.

Contact a caring, professional consultant 24 hours a day, seven days a week, for support, or go online to your re-designed, award-winning EAP website at www.lifeworks.com to access, download or order the following helpful resources:

- Listen to our **new** podcast *Willpower*, featuring psychologist Roy Baumeister, co-author of the bestselling book *Willpower*. He shares lessons on how to set goals, resist temptation, and have greater self-control in all areas of your life.
- Listen to [Three Steps to a Healthier You](#), a three-part podcast series featuring tips on getting a good night's sleep, tapping into your inner-motivation, and fitting more exercise into your daily life.
- Follow our popular [Feeling Good](#) blog, authored by psychologist and health writer Linda Wasmer Andrews.
- Read a variety of practical *Life Articles*, including:
 - [Staying Fit and Healthy as You Get Older](#)
 - [Walking for Exercise](#)
 - [Healthful Snacking: Is it Possible?](#)
 - [Ten Ways to Energize Your Life](#)
- Order or listen to our recording: [60 Minutes to a Better You](#), featuring author Tal Ben-Shahar, as he shares brief exercises you can practice to achieve a greater sense of happiness and calm in your life.

If you're striving to make healthier choices, LifeWorks is here when you need us!

Call LifeWorks at 1-877-207-8833 anytime. TTY: 1-877-371-9978

Or visit www.lifeworks.com.

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