

Diane Wojtowicz

From: pilot plane [flyer70_2000@yahoo.com]
Sent: Monday, May 16, 2016 7:41 AM
To: Nyw Group Safety; Nyw Staff; nywg.commanders@nywcap.org; Steve Perta
Cc: Sean Neal (CAP - Safety); mwmartin@nycap.rr.com; Diane Wojtowicz; Jean-Pierre Moreau; pilot plane
Subject: Re: Monthly Safety: Health Check

For Widest Dissemination:

SPRING CLEAN YOUR HEALTH

CHOOSE IN-SEASON, LOCAL PRODUCE.

Your community is full of fresh fruits and veggies. Take advantage of local farmers' markets and produce stands while they last.

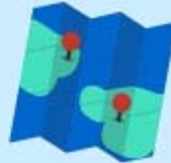


SCHEDULE CHECK-UPS AND APPOINTMENTS.

If you've been putting off that screening, now's the time to call your doctor.

GO BACK OUTSIDE.

Walking in nature has many mental health benefits and adds some much-needed fitness to your schedule.



TRY GIVING UP WHEAT.

If you haven't reached the goals you set at New Year's, try eliminating wheat for a month to lose the last couple pounds.

TOSS OLD PRESCRIPTIONS.

As you clean the rest of your house and throw away the things you don't need, don't forget to go through the medicine cabinet.



LEARN HOW TO HANDLE STRESS.

You've been trying to handle stress for years, but maybe this spring is finally the time to make time for meditation.

NIP SPRING ALLERGIES IN THE BUD.

While you're washing pillows, blankets and rugs, remember to replace air filters and wipe surfaces like ceiling fan blades to reduce dust mites and other allergens.



STOP BINGE-WATCHING REALITY TV SHOWS.

It's no secret that watching TV for hours won't help you reach your fitness goals. But, if you must watch TV, try watching something that will stimulate your mind instead of mindless reality shows.

TOSS OLD MAKEUP.

Makeup has an expiration date, and (like clothes) if you haven't worn it in a while, it's probably time to get rid of it.



INVEST IN NEW RUNNING SHOES.

Most running shoes are good for 6,000 miles. When you run a few miles a day, this can quickly add up. If you've had the same pair for a while, it's probably time to replace your sneakers.

DIG THROUGH YOUR EMAIL INBOX.

Start prioritizing messages as they come in. This will help you comb through tasks that need to be done first and delete the messages you don't need.



GET RID OF THINGS THAT DON'T MAKE YOU HAPPY.

Whether this is clothes that don't fit anymore or pictures of your ex, it's time to break up with things that make you sad.

**For CAP:
Larry Mattiello, Lt Col, CAP
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