Virtual Workouts

Looking for ways to stay fit at home? Stream workouts from home for FREE thanks to our friends at the YMCA!

APRIL Bathroom Banter COSAWell

Try spring cleaning to refresh your home... and your mind!

Decluttering is shown to:

- Reduce stress
- Increase motivation
- Increase productivity
- Decrease indoor allergies
- Improve sleep

Feeling overwhelmed? Start small: Place a small box or bag in a low traffic area and add one or two items to donate per week. At the end of the month take it to donate!

April is Alcohol Awareness Month

Alcohol awareness is not about quitting alcohol, but about understanding it's effects on your physical and psychological self:

Responsible Use:

Moderate use of alcohol can lower risk of cardiovascular disease

Limited alcohol intake can reduce stress & anxiety

Small amounts of alcohol have been shown to reduce the risk of dementia in older adults

Some studies have shown moderate drinking linked with reduced weight gain

Drinking alcohol in moderation with a meal can fight diabetes

Irresponsible Use:

Heavy drinking can lead to heart attack or stroke

Heavy drinking can lead to increased depression and anxiety

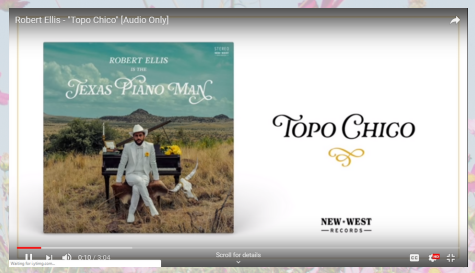
Chronic Alcohol use can lead to permanent impaired brain function

Heavy drinking is linked to increased weight gain

Heavy and binge-drinking can increase your risk of diabetes

Consider Alternative Beverages!

Instead of booze, try a fizzy water with lime and reap the benefits of a low calorie refreshment without the alcoholic content!



Need some motivation?

Listen to Robert Ellis' "Topo Chico and Lime"

"If you have a predilection, For a bubbly libation
Or if you need a new addiction, With a focus on hydration
We've got just the thing, To keep your whistle wet
Don't forget
Set 'em up, And I'll knock 'em down
And I'll drive ya home, After a few more rounds
Of Topo Chico and lime"