2018

Health Calendar

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GENERALI CHINA

2018 Health Calendar from Generali China Life

Keeping healthy and safety is a lifelong task, we care each of GCL client as our own family. Thus we specially prepare this health calendar to wish you have an even more splendid time in 2018!

GCL Group Business

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Happy Holidays and Safe Travels from CDC!

- Zika is still a risk in many destinations and can be spread through mosquito bites and sex.
- There are outbreaks of measles and mumps in popular destinations in Europe and New Zealand.
- See a health care provider before you go to get recommended vaccines and medicines for your destination.
- Pack smart so you can bring your healthy habits with you. Remember prescription and over-the-counter medicines, insect repellent, sunscreen, alcohol-based hand sanitizer, and condoms.
- Consider additional insurance that covers medical care and emergency evacuation, especially if you will be traveling to remote areas.

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Eating pattern recommendations:

Eating pattern recommendations:

- Replace high-calorie foods with fruits and vegetables.
- Choose fiber-rich whole grains for most grain servings.
- Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids.
- Select fat-free (skim) and low-fat (1%) dairy products.
- Avoid foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on beverages and foods with added sugars.
- Choose foods with less sodium and prepare foods with little or no salt.

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

- At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150

OR

- At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity

AND

- Moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Understanding Food Nutrition Labels

- Start with the serving information at the top of the label.
- Next, check total calories per serving.
- Limit these nutrients.
- Get enough of these nutrients.
- Quick guide to % Daily Value.

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
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27	28	29	30	31		

Quit Smoking

Smokers have a higher risk of developing many chronic disorders, including coronary heart disease and stroke. How to make your plan for quitting:

- Before you try to quit, sit down and make a plan.
- Choose a certain day to stop completely, and STOP.
- Set yourself targets.
- Get the support of your family and friends. Ask them to help you quit.
- Think about what you are going to do if you have cravings.

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Top 10 Tips to Help Children Develop Healthy Habits

You can help your child develop healthy habits early in life that will bring lifelong benefits.

- Be a good role model
- Keep things positive
- Get the whole family moving
- Be realistic
- Limit TV, video game and computer time
- Encourage physical activities that they'll really enjoy
- Pick truly rewarding rewards
- Make dinnertime a family time
- Make a game of reading food labels

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Keeping a Healthy Body Weight

The body mass index (BMI) is a measure of weight in relation to height. It is calculated as follows:
BMI =body weight in kilograms/height (in metres) squared
Physical activity lowers the risk of heart attacks and strokes by:

- lowering your blood sugar, blood pressure and blood fats;
- increasing oxygen levels in your body;
- helping you lose weight;
- reducing stress;
- strengthening your heart, muscles and bones;
- improving blood circulation;
- toning your muscles.

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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26	27	28	29	30	31	

Fight Stress with Healthy Habits

Here are 10 positive healthy habits you may want to develop.

- Talk with family and friends.
- Engage in daily physical activity.
- Embrace the things you are able to change.
- Remember to laugh.
- Give up the bad habits.
- Slow down.
- Get enough sleep.
- Get organized.
- Practice giving back.
- Try not to worry.

September

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23	24	25	26	27	28	29
30						

Managing Blood Pressure with a Heart-Healthy Diet

Recommend:

- Fruits
- Vegetables
- Whole-grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
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Reduce high Cholesterol

Hyperlipidemia can often be improved by lifestyle changes. This is true even if high cholesterol is due to genetics. Work with your doctor to create an action plan of lifestyle changes that you can make. If lifestyle changes don’t reduce your cholesterol levels enough, medication may be prescribed.

The four lifestyle changes you may be asked to make are:

- eating a heart-healthy diet
- regular exercise
- avoiding tobacco smoke
- losing weight (if you’re overweight or obese)

November

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Reduce high blood sugar

How do I know if I have diabetes?

Individuals with a fasting blood sugar level between 6.1 mmol/l (110 mg/dl) and 7.0 mmol/l (126 mg/dl) are at high risk of developing diabetes and should improve their lifestyle to reduce the risk.

Lifestyle changes can often help to control blood sugar levels. These changes include:

- eating a healthy diet;
- avoiding foods that are high in sugars, fats, and calories;
- maintaining a healthy body weight;
- drinking less alcohol;
- staying active.

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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30	31					

6 Simple Steps for Your Whole Family to be Heart Healthy

Making time for a heart-healthy lifestyle can seem overwhelming. But the good news is that making a few small simple lifestyle changes can lead to heart-healthy habits that require little thought or effort.

- Identify free times for activity.
- Make time to plan a weekly menu, go shopping and prep your meals.
- Simplify your family's schedule.
- Take baby steps, not giant leaps.
- Ask everyone in the family to do their part.
- Live by example.

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