



# Health Newsletter

-Generali China GBD

December 2018



A festive holiday dinner table is set against a blurred background of a Christmas tree with warm lights. In the foreground, a plate of assorted cookies sits next to a lit candle in a glass holder. Two wine glasses are visible, one with a small gold foil Christmas tree inside. A white napkin with a red and black pattern is folded into a cone shape on a plate. A red Christmas ornament and a pinecone are also on the table.

## **Generali China Life Wish You Have A Happy & Healthy Holiday**

**Make sustainable holiday choices when you are eating, exercising, and traveling, When you do them in healthy and save way, you protect you and your family now and for the future.**

**Few people get enough physical activity, and many don't eat a healthful diet. The winter holidays can be a great time to think about your goals for the year ahead. Follow these tips to jump start your resolutions, and be your healthiest self this holiday season.**

# Stay active

Being active is your secret weapon this holiday season. It can help make up for eating more than usual and has many other health benefits.

Walking is a great way to be active , WHO recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day.

Try these tips to incorporate more walking into your activities:

- Skip the search for a close-up parking spot. Park farther away and walk to your destination.
- Make a few extra laps around the mall. Walk the length of the mall before going into any stores. The mall is also a good place to walk to avoid bad weather.
- Start your work day by taking the stairs. Remember to stretch your legs and take short physical activity breaks throughout the day.



# Eat healthy

Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, saturated fat, or added sugars. The key is eating them only once in a while or in small portions and balancing them out with healthier foods.

- If you are traveling this season, take healthy snacks along, like fruit and low-fat protein. That way, you can avoid the temptation of convenience foods high in fat, sugar, and salt.
- If your favorite home recipes call for fried fish or chicken with breading, try healthier baked or grilled variations. Maybe try a recipe that uses dried beans in place of higher-fat meats.

Resolve to make new habits. This year, while at parties and other gatherings, fill your plate with fruits and veggies first, and pick small portions of just your favorites of the other items.





# Plan activities

In addition to enjoying a meal with friends and family around the table, take the party outside!

- Try a seasonal activity with your family. Go ice skating or jump start your bucket list for the year.
- Make a “walk and talk” date with a friend or family member. Skip the Frappuccino and explore a part of your town or city that may be new to you.
- If the weather prevents you from heading outdoors, try mall-walking, or planning a family game night. Visit that museum, botanical garden, or exhibit you’ve been wanting to see.



# Travel healthy

Visit loved ones abroad or takes a vacation with your family. Whether you're seeking a winter wonderland or escaping subzero temperatures, follow these travel tips to get prepared for a healthy and safe holiday travel season.



### Before You Go

- **Learn about health concerns at your destination.** Even if you're familiar with the place, there may be new and important health risks that could make or break your trip.
- **Make an appointment** with a travel medicine specialist or your health care provider at least a month before you leave to learn about health concerns and vaccines needed at your destination.
- **Pack a travel health kit.** Include prescription and over-the-counter medicines, first aid supplies, health insurance card, insect repellent, and condoms.
- **Monitor travel warnings and alerts at your destination**
- **Prepare for the unexpected.**
  - Leave copies of your itinerary, contact information, credit cards, and passport with someone at home, in case you lose them during travel.
  - Find out if your health insurance covers medical care abroad—many plans don't!



### During Your Trip

- **Eat and drink safely.** Contaminated food or drinks can cause travelers' diarrhea and other diseases.
  - Eat only food that has been fully cooked and served hot.
  - Do not eat fresh vegetables or fruits unless you can peel them yourself.
  - Drink only bottled, sealed beverages, and avoid ice—it was likely made with tap water.
- **Protect yourself from extreme temperatures and sun exposure.**
  - Wear sunscreen with SPF 15 or higher outdoors.
- **Prevent insect bites.** Using insect repellent can protect you from serious diseases spread by mosquitoes, such as, dengue, and malaria.

### After You Return

- **If you are not feeling well** after your trip, you may need to see a doctor. Some travel-related illnesses may not cause symptoms until after you get home.
- **If you are pregnant and have traveled to an area with Zika risk,** talk to your doctor or nurse about your recent travel, even if you don't have symptoms.



# Road Safety

**Stay safe on the roads by taking action to protect yourself and loved ones**

Motor vehicle crashes are a leading cause of death for people aged 1–54.  
Road Safety for Everyone

However, many of these deaths can be prevented. Buckle up, drive sober, and stay safe on the roads this holiday season.

Here are some tips to help keep you and others safe on the road over the holidays:

- Buckle up in every seat, on every trip, no matter how short.
- Make sure children are always properly buckled in the back seat in a car seat, booster seat, or seat belt, whichever is appropriate for their weight, height, and age.
- Choose not to drive while impaired by alcohol or drugs, and help others do the same.
- Obey speed limits.
- Drive without distractions (such as using a cell phone or texting).

Protect yourself and your little ones during this holiday season.





## Child Passenger Safety

Motor vehicle injuries are a leading cause of death among children, but you can make a difference.

Protect yourself and little ones during this holiday season.

- Buckle children in age- and size-appropriate car seats, booster seats, and seat belts—these reduce the risk for injury in a car crash by up to 80 percent.
- Children are safest when car seats and booster seats are used correctly.
- Remember that children aged 12 and under should be properly buckled in the back seat.
- Set a good example by always wearing a seat belt yourself.



## Older Adult Driver Safety

- Ask your doctor or pharmacist to review medicines—both prescription and over-the-counter—to reduce side effects and interactions.
- Have your eyes checked by an eye doctor at least once a year. Wear glasses and corrective lenses as required.
- Consider potential alternatives to driving, such as riding with a friend, using public transit, or using a rideshare service to get around.



**Merry Christmas and Happy New Year to you!**



**中意人寿**  
GENERALI CHINA

GCL Customer Service Hotline : 400 888 7555