



Hello!

Here is your Health Kit for December, 2018. Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

Please note: this month's Health Kit pdf and audio materials are all conveniently located in this one link:

[CLICK HERE FOR THE HEALTH KIT](#)

The Coaching Moment and 90-Second videos are linked under their corresponding pictures.

Getting the right preventive care can help you stay healthier throughout your life. In this month's Health Kit, you'll learn about the importance of putting your health first and getting the preventive care you need to live your best life.

Poster: Preventive Health: An Investment in Your Future. Print and display this month's poster, *Preventive Health: An Investment in Your Future*. It contains simple tips for putting your health first.

Brain Game: Complete the word search to find words associated with taking charge of your own health.

Recipe: Vegetarian Chili. Cold, winter nights are upon us, and what better way to enjoy the cold than with a bowl of warm chili? Not only is this chili delicious, but it's packed with nutrients, and it's easy to make!

Podcast: Preventive Health. Download the podcast to hear important information about preventive health.

[Coaching Moment: Challenge ON!](#) Watch this coaching moment for a quick challenge.

[90-Second Video:](#) Preventive health care isn't just about going to the doctor. In fact, it's something that you can practice on your own...every day. Learn more in this 90-second video.

Additional Info: For more information on preventive health, [click here](#).

COMING UP NEXT MONTH:

In light of the new year, January's Health Kit will provide thought-provoking information about the health benefits of eating more plant-based foods. (Think Meatless Monday, for instance!).