



## Improvement Tips

Creating a healthy work/life balance can be difficult in our fast-paced world, but it is more important than ever to do so with the increase in remote working, impending deadlines and the ever growing needs for efficiency.

The lack of a healthy work/life balance can result in burnout, making it crucial to follow tips to improve things.

One good tip is to make your wellbeing a priority. A key factor in the creation of a healthy work/life balance is to make your wellbeing – mental, physical, and spiritual – a major priority. Try meditating, exercising and a healthier diet to ensure your wellbeing stays in top shape.

Another good tip is to make sure you prioritize time for your hobbies as well as work and relationships. It is a good idea to actually schedule time for hobbies in your calendar, enjoying old hobbies and even spend some time looking for new ones too.



## Get a Healthier Lifestyle

We all have the power to create a healthier lifestyle for ourselves, and some discipline and self-awareness is all that is required to give ourselves the best chance of a long and healthy life.

One good tip for living a healthier lifestyle is to ensure you have breakfast every day. Having breakfast every day helps with feeling fuller for longer and weight management, and also keeps the brain healthy and alert.

Healthy breakfasts can include eggs cooked in olive oil, granola and yoghurt, and oatmeal with fruit.

Another good tip is to check food labels, which help with understanding how healthy or unhealthy a food is.

Nutrition facts explain what is contained in the food item, and check the serving size to see if there is too much sugar, sodium or fat within it. More than 300 calories or 20g of fat per serving is not healthy. Look for food with less fat and sugar.



Hello! We are pleased to send you this monthly issue of *FYI*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

## Monthly Joke

### Would You Mind Repeating That?



Joe asked the clerk for some assistance with hearing aids.

“The devices we have in stock range in price from \$3 to \$3,000,” the clerk replied. “I know \$3,000 seems like a lot of money, but you really do get what you pay for.”

“So what do I get for \$3?” Joe asked.

“This.” The clerk handed Joe a long piece of black yarn with a suit coat button attached to one end and a paper clip attached to the other end. “The button end goes in your ear and you can tuck the paper clip end in your pocket.”

“Seriously? How will this help me hear any better?” Joe asked.

“It won’t,” the clerk replied, “but when people see the button in your ear they will usually speak louder.”

## Monthly Quote

*“Don’t make money your goal. Instead, pursue the things you love doing, and then do them so well that people can’t take their eyes off you.”*

—Maya Angelou

## Cleaning Motivation

Cleaning is hard and not a lot of fun, so finding the motivation to do it can be difficult. The good news however is there are ways to get a little more inspired and pump up your motivation to clean your house.

One good tip is to start small. Start by focusing on just one category of cleaning such as washing dishes or picking up books. Focusing on just one category at a time is a good way to avoid feeling overwhelmed by how much work there is to do. You could also focus on one particular space such as the kitchen counter before moving onto another spot.

Another good tip is to create a routine and schedule for cleaning. Some people may be able to set aside a whole day to clean, but many people cannot or would not want to do this. The simplest solution is to set aside blocks of time such as 25 minutes, and then have a short break. Use a timer to make sure you stick to the schedule. This is a particularly good method for those who are easily overwhelmed by the cleaning workload

## Vital Eye Health Tips

Simple habits can help to improve eye health and ensure they remain in good condition for many years to come. Vision problems can have a serious impact on quality of life so it is important to do what you can to reduce the risk of future problems.

One good habit is to wear sunglasses. Ultraviolet rays can damage eyes over time, but UV light can be blocked by wearing sunglasses and thus cut down the chances of developing eye diseases such as sunburn, eye growths, cataracts and eye cancer.

Another good habit is to take screen breaks. Overlong screen time can result in dry eyes, blurred vision, digital eye strain (aka computer vision syndrome), neck and shoulder pain and headaches. A general easy habit is to look at something twenty feet away for twenty seconds every twenty minutes when using screens, a habit known as the 20-20-20 rule. Screens are not the only cause of eye strain, with the same rule also applying to books.

## Essential Pregnancy Diet Tips

Recommended nutritional requirements during pregnancy include B vitamins such as Vitamin B3 (aka niacin), B12 and B9 (aka folate), iron, Vitamins A, C and D, calcium, zinc and Omega-3 fatty acids such as DHA, which help with the growth and development of healthy babies, specifically the development of bones, brain cells, red blood cells and the spine.



One of the best ways pregnant women can get the essential nutrients they require is the Mediterranean diet, which is rich in fresh fruit and vegetables, nuts and seeds, lean meat in moderation, healthy grains and oily fish.

Following the diet during early pregnancy and even around conception has been shown to cut down the chances of an adverse outcome for pregnancies such as gestational diabetes, preeclampsia and preterm birth.

Dark leafy greens and vegetables in general are an excellent choice to eat during pregnancy, as are berries as well as other fruits, whole grains from brown rice, wholemeal bread and oatmeal, and lean proteins from the likes of beans, chicken, eggs, lentils, nuts and seeds, and salmon.

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## Programming Tips

Continuous adaptation and learning are required in the versatile and dynamic field of programming, and there are always new strategies and techniques to learn for even the most experienced in the industry.



There are a number of programming tips that can help with proficiency and efficiency.

One such programming tip is to make a plan prior to doing any coding. A common mistake made by newcomers is starting to code without having any kind of clear plan.

Make the time to gain a full understanding of the problem, including breaking it into smaller parts, and come up with a solution prior to writing any code.

Planning will ultimately save time by reducing the chances of making mistakes later.

Another good tip is to make sure you have chosen the right tools. It is crucial to select the correct programming tools and language for your particular project.

Factors that need consideration include the project requirements, the level of your familiarity with that language and community support.

Productivity will be boosted significantly by the use of the right tools.

# How to Work with Family Members

Working with family members might seem like a good idea, but it can result in changed dynamics that can sometimes become a little awkward. The good news is there are ways to work with family members without damaging either the business or the personal relationship.



One of the most important tips is to set clear expectations from the beginning. This is effectively the same scenario as when hiring any other employee but is actually even more crucial when working with a family member.

They need a detailed job description that clearly outlines their job expectations as well as clearly delineating expected workplace behavior to maintain a professional atmosphere.

Another crucial tip is to avoid playing favorites. One of the biggest problems of hiring family members when there are other non-related employees is favoritism toward the relative, which in turn creates resentment from other employees and can result in a serious morale problem as well as lowered productivity.

Treat family members the same as every other employee in regard to company matters.

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## How to Eat More Healthy Protein

Protein is of vital importance to everyone, from athletes to couch potatoes. It is vital to all cells and ensures the body can perform at its best.

A diet that is high in protein has been shown to promote weight loss, improve the stability of blood sugar and even improve muscle growth, so how can you get more protein in your diet?

One good tip is to snack on cheese or yogurt instead of a bag of chips, which have little protein.

String cheese comes with seven grams of protein in every stick, with nearly 15 grams in cups of the standard non-fat Greek yogurt.

Another good tip is to have eggs instead of a morning muffin. Muffins offer little protein or fiber but a lot of carbs and refined sugar.

Eggs are the best component of a healthy breakfast, with six grams of protein, helping to start the day right.



## Single Income Family Tips

Many families still operate as a single income household but many are still living pay check to paycheck and struggle to pay the bills.

The good news is there are some financial tips that can help single income families.

One good tip is to set about creating an emergency fund.

These funds are essential to good financial health.

Another good tip is to create a budget and then make sure that you stick to it.

There are a variety of personal budgeting styles and it is a good idea to check out a number of them in order to work out your own personal style.

It is also a good idea to set about making the most of your income tax withholdings.

Most experts are in agreement that it is better for customers to get more money in each new pay check than in one big income tax refund as receiving separate installments makes it more likely that customers will start saving the extra rather than go on a lavish spending spree.





[company name]

[address one]

[address two]

[city]

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## England Facts

England is a land of amazing facts and even more extraordinary traditions, about which there is a multitude of fascinating trivia facts. “Old Blighty” as the country is also known is the biggest nation in the United Kingdom, with its roots going right back to the first Anglo-Saxons that arrived in the 5th Century AD. One fascinating tradition in England is the annual cheese rolling competition. Every year since 1826 at least, the strangest sport in the country is hosted at Coopers Hill Cheese-Rolling and Wake in Coopers Hill in the country Gloucester. After a countdown, participants chase a nine pound wheel of cheese down a steep 200 yard hill, with the result being most losing their balance and rolling down. The winner is the one that makes it to the bottom first, and wins the cheese. Even more fascinating is that while most people think champagne was invented in France, in truth old Blighty made it first by at least three decades according to a paper presented to the Royal Society by English physician Christopher Merret in 1662, around 35 years before the supposed invention of champagne by Dom Perignon in... 1697.

Picture box for  
photo or  
company logo

**From the desk of**

*[sender's name]*

*text box for client's personal message*

## Improving Your Presence

A social media presence is essential for all businesses and no presence can be effective without the proper planning and strategic implementation. There are billions of users on social media platforms, all of whom are potential customers after an impressive social media campaign. But how do you create such a campaign?



One good tip is to check out the current social media trends. Social media platforms put you in front of so many people effortlessly that it is like free advertising.

However it is important to avoid just jumping on any topic that is currently trending until you have considered the ways you can add value to it and use your creativity to post something that will be attractive and interesting to users.

Another good tip is to make use of multimedia. Posts with photos or videos get a lot more attention on social media. Some social media platforms are built on visuals, such as Instagram, but even on the likes of Twitter/X visuals still help to keep audiences engaged with simple and interesting conversations.

**Bold Headline for Monthly Offer**

***Bold text for details of monthly offer***