
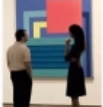





5 Things

1 	Get a post-holiday message. Massage calms the nervous system and promotes overall energy. Let yourself unwind.	3 	Check your ticker. February is American Heart Month. Give yourself a Valentine's Day gift in the form of a checkup to protect against heart disease, the nation's number one killer.	
Give blood. It takes just an hour to donate blood, and your donation can help several people. Donate during January – National Volunteer Blood Donor Month – and resolve to give again throughout the year.	2 	Visit a museum. Whether it is an art, science or natural history museum, give yourself the gift of a few hours of education – and a good stretch of the legs!	4 	Strength Train. Add resistance training to your fitness routine. It helps condition major muscle groups and slows loss of muscle mass and bone density.

You can do right now as part of your wellness routine