

Personal Best Healthlines kicks off 2010 with more value than ever! Besides your **print** or **paperless** *Personal Best Healthlines* newsletter, more articles, handy tools, quizzes and a healthy recipe are online monthly in the new **Well Connections Online Supplement**.



JANUARY

Cover No More Dieting
Special Report Health Habits That Stick
Fitness Guidelines Outdoor Winter Fun
Work & Family Smart Saving for the New Year
Self Care Pertussis
Safety Solutions QUIZ: First Aid at Home
Eating Smart Spice Up Your Cooking
MORE: What is Glaucoma? | Flu Shot: Not Too Late

Your Custom Topics: _____ Custom art/text due: **Oct. 20**

FEBRUARY

Cover Heart-Smart Moves
Special Report Herbs and Supplements
Fitness Guidelines Metabolism Boosters
Mental Well-Being Workouts for Sharp Minds
Self Care Help for Quitting Chewing Tobacco
Safety Solutions Wheelchair Safety
Eating Smart Fats: Heroes and Villains
MORE: Road Rage | Benefits of Antioxidants?

Your Custom Topics: _____ Custom art/text due: **Nov. 20**

MARCH

Cover Grow Your Own Food
Special Report Caregivers: Take Care
Fitness Guidelines Avoiding Exercise Plateaus
Mental Well-Being Stop Eating Your Anger
Health Care Headache Relief
Safety Solutions Save-Your-Back Lifting
Eating Smart High Five for Fiber
MORE: Dry Mouth? | Benefits of Seeds?

Your Custom Topics: _____ Custom art/text due: **Dec. 21**

APRIL

Cover Not Quite Vegetarian
Special Report Smoking and Cancer
Fitness Guidelines Taking a Spin
Mental Well-Being Hidden Sources of Stress
Health Care Understanding Medical Studies
Safety Solutions Camping Safety
Eating Smart QUIZ: Artificial Sweeteners
MORE: Allergy vs. Intolerance | Skin Cancer

Your Custom Topics: _____ Custom art/text due: **Jan. 20**

MAY

Cover Healthy Habits for Your Brain
Special Report Walk This Way
Fitness Guidelines Have Exercise, Will Travel
Work & Family Childcare Decisions
Health Care QUIZ: Asthma
Safety Solutions Traveling Overseas
Eating Smart Make The Most of Every Bite
MORE: Hearing Loss Treatment | What is DASH?

Your Custom Topics: _____ Custom art/text due: **Feb. 22**

JUNE

Cover Summer Fitness Fun
Special Report For Men: Game Plan for Health
Fitness Guidelines QUIZ: Summer Diet Busters
Mental Well-Being Be a Survivor
Self Care Gardening with Allergies
Safety Solutions Think Before You Click or Text
Eating Smart Making Sense of Food Health Claims
MORE: Cyber Bullying | Pets Good for Health?

Your Custom Topics: _____ Custom art/text due: **March 22**

JULY

Cover Small Health Changes Bring Big Benefits
Special Report QUIZ: Mediterranean Diet
Fitness Guidelines Outdoor Games
Work & Family Conquering Clutter
Health Care Latest Treatments for Heart Attacks
Safety Solutions Play It Safe on Vacation
Eating Smart BBQ Side Dishes
MORE: Driver's Ed Self-Assessment | Interval Training

Your Custom Topics: _____ Custom art/text due: **April 20**

AUGUST

Cover A Shot at Prevention
Special Report Deciphering Online Health Information
Fitness Guidelines When Weight Loss Measures Fail
Mental Well-Being QUIZ: Common Mental Conditions
Health Care Flu Update
Safety Solutions PC Eyestrain
Eating Smart Nuts About Nuts
MORE: 10-Minute Workout | What Are Circadian Rhythms?

Your Custom Topics: _____ Custom art/text due: **May 20**

SEPTEMBER

Cover 5 Great Whole Grains
Special Report When to See Your Doctor/ER
Fitness Guidelines Managing Cholesterol with Exercise
Mental Well-Being Thinking Young
Health Care MRSA
Safety Solutions QUIZ: Safety IQ
Eating Smart Correct Cooking Concepts
MORE: Self-Care Mistakes? | What Are Triglycerides?

Your Custom Topics: _____ Custom art/text due: **June 21**

OCTOBER

Cover Wake Up to Better Breakfasts
Special Report Breast Cancer: Best Prevention
Fitness Guidelines Cubicle Workouts
Work & Family Wise Credit Card Use
Self Care Complexion Clarity
Safety Solutions Cycling Safety
Eating Smart QUIZ: Produce and Nutrients
MORE: Use Antibiotics? | Exercise and Colds

Your Custom Topics: _____ Custom art/text due: **July 20**

NOVEMBER

Cover Pre-Diabetes: Are You At Risk?
Special Report QUIZ: Colds and Flu – What's the Difference?
Fitness Guidelines Getting Ski-Ready
Work & Family Balance Your Life
Self Care Sleep Aids
Safety Solutions Staying Well By Plane and Sea
Eating Smart Desktop Dining
MORE: Great American Smokeout | Third-Hand Tobacco Smoke

Your Custom Topics: _____ Custom art/text due: **Aug. 20**

DECEMBER

Cover 10 Time Savers
Special Report Controlling Health Care Costs
Fitness Guidelines Weight Loss Wisdom
Work & Family Holidays on a Budget
Health Care OTC Meds: A User's Guide
Safety Solutions Safe Gift Ideas
Eating Smart Take Control of Holiday Eating
MORE: What is Hydrogenation? | Skin Care in the Cold

Your Custom Topics: _____ Custom art/text due: **Sept. 20**

Please note: We reserve the right to change editorial topics as developments warrant.

Informing, Educating, Motivating and Empowering People to Live Well and Work Well

In addition to **PERSONAL BEST HEALTHLINES®**, we publish companion newsletters that help employees live better, including **BODY BULLETIN®**, **TOPHEALTH®**, **TOPDOLLAR®**, **TOPPERFORMANCE®**, **TOPSAFETY™** and **SHIFTWORKER™**.

We also offer motivational and educational brochures, posters, booklets and calendars ready to complement your wellness program. See a full selection at www.personalbest.com.

Got questions? Need more copies or looking for custom solutions? Our client services team is here to help you!
 1-800-871-9525