

LIVE WELL. BE WELL.

♥ NOURISHING NEWS ♥

Physical Well-Being 2024

‘Your body holds deep wisdom. Trust in it. Learn from it. Nourish it. Watch your life transform and be healthy.’
- Bella Bleue

Sustaining New Year's Resolutions: A Year-Long Journey to Success

As the clock strikes midnight and the confetti settles, the promise of a new year brings with it a wave of resolutions. While it is easy to set resolutions, the challenge often lies in maintaining that momentum throughout the entire year. Here are some strategies to help you sustain your New Year's resolutions:

- 1. Realistic Goals:** Start with achievable goals, breaking them into manageable steps for a more realistic and celebratory journey.
- 2. Structured Plan:** Develop a clear plan with specific actions, deadlines, and milestones to provide direction and focus.
- 3. Support System:** Share your resolutions with a supportive network to enhance accountability and motivation.
- 4. Progress Tracking:** Regularly monitor and record your progress using journals or apps to reinforce your commitment.
- 5. Celebrate Success:** Acknowledge and celebrate milestones as they come, reinforcing positive behavior.
- 6. Positive Mindset:** Cultivate a positive mindset, focusing on progress rather than setbacks, and viewing challenges as opportunities.

Remember, turning resolutions into habits is a gradual process. Dedication and perseverance, coupled with these strategies, can lead to lasting positive change!



Participate in Live Well. Be Well. and Earn Rewards!

All regular US Benefits-eligible Parsons employees are eligible to participate in Live Well. Be Well.

- Medically enrolled employee can earn wellness credits to help offset the cost of your medical premium.
 - Medically & non-medically enrolled employees can earn points to be entered into prize drawings!

Scan the QR code below to earn points for reading this newsletter!



LIVE WELL. BE WELL.
Wellness begins with you.



Quarter 1 Health Observances

January:

Thyroid Awareness

- Visit thyroid.org to learn more

National Blood Donor

- For more information & to find a blood center near you, check out americasblood.org

February:

American Heart

- Explore heart.org for more info!

Cancer Prevention

- Learn more about cancer prevention with aacr.org

March:

National Nutrition

- Explore eatright.org

National Kidney

- Check out kidney.org to learn more!

Check out [Human Resources \(HR\) on Workplace](#) for the Live Well. Be Well. Monthly Calendar of Events & additional communications!



Employee Benefit Spotlight: Hinge Health

A new benefit is available in 2024 for Parsons employees and dependents enrolled in an Anthem medical plan! Hinge Health provides a digital solution to musculoskeletal care with the goal of improving joint and muscle pain all in the comfort of your own home.

For more information about this new benefit, check out this [Hinge Health FAQ!](#)

By participating in Hinge Health, you can also earn up to 75 points in the Live Well. Be Well. program! Check out parsons.sharecare.com for more information.

Employee Spotlight: Marc Alsalihi

Marc Alsalihi is a Project Manager based out of Arlington, VA. He has worked for Parsons for about 18 months and has been a dedicated participant in the Live Well. Be Well. program-- attending webinars, participating in challenges, and more! As such, we decided to interview him to learn more about what motivates him to participate and how it has impacted his health! Check out his responses below:

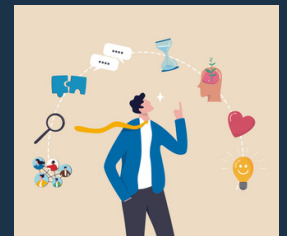


What motivates you to participate in Live Well. Be Well.?

I am very interested in improving my overall health and wellbeing. The 2023 Live Well. Be Well program helped me develop healthy habits and avoid health complications that can lead to chronic disease. The wellness program encourages me to eat healthy foods and exercise, reducing the risk of long-term health problems and giving me more energy.

What was your greatest achievement during the 2023 Live Well. Be Well. program year?

The wellness program helped me with reducing stress and anxiety and increasing productivity.



Would you encourage co-workers to participate in future Live Well. Be Well. events? If so, why?

Yes, I would encourage my coworkers to participate in the wellness program. The program helps with achieving optimal health and happiness. By making small changes to our daily habits, we can significantly improve our overall well-being and lead a more fulfilling life.

Anything else you would like to share about your participation in Live Well. Be Well. or your personal health journey?

The wellness program helped me stay focused on healthy lifestyle habits such as eating a nutritious diet, engaging in regular physical activity, getting adequate sleep, managing stress, practicing mindfulness and meditation, and fostering social connections.

Learn more about Live Well. Be Well. at parsons.sharecare.com!



Fish Fillets Baked in Foil

Did you know that fish high in omega-3s may help you get a better night's sleep? Try this fish dish on a busy weeknight and see how well you snooze.

Ingredients

- 4 fish fillets (6 ounces each)
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper or white pepper
- 2 tablespoons fresh lemon juice
- 2 tablespoons dry white wine or water
- 3 tablespoons chopped green onions, green tops only
- 2 tablespoons chopped
- fresh parsley or tarragon

Preparation

1. Preheat the oven to 350°F. Cut 4 sheets of aluminum foil, approximately 8 x 12 inches. Lay 1 fillet in the center of each piece of foil and season lightly with the salt and pepper.
2. Pour the lemon juice and wine around the sides and over the fillets and sprinkle the green onions and herbs over the tops. Draw the sides of the foil upward and around the fish, crimping to tightly seal.
3. Place the foil packets on a baking sheet and roast until the fillets are just opaque and cooked through, 12 to 15 minutes for thin fillets, and 16 to 20 minutes for thicker ones. Place each foil packet on a plate. At the table, slice open the foil with a knife.

Nutrition (per serving)

Yield: 4 servings; calories 253; dietary fiber 0g; protein 35g

Live Well. Be Well.

parsons.sharecare.com | 855-203-5506

Live Well. Be Well. powered by Sharecare is available at no cost to all regular U.S. Benefits-eligible Parsons employees and their spouses/partners who are enrolled in a Parsons medical plan.

Sharecare, Inc. administers the Live Well. Be Well. for Parsons. © 2024 Sharecare, Inc.

