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## TOP FIVE WAYS TO START THE NEW YEAR RIGHT

As we roll into January, we start to think of New Year's resolutions. Instead of adding more stress to your life by listing huge goals to accomplish in the next year, why not start off with small things you can do to give you a feeling of instant success? Here are five tips to help get you started and improve your health:

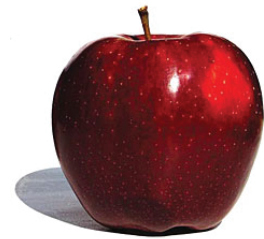
**1. Eat an apple a day** – Apples contains Vitamin C which greatly helps your immune system. Apples are also low in calories...eating an apple when craving for candy or chocolate can make the desire disappear since an apple itself contains sugar, but gives you only a fraction of the calories. In addition, apples can help prevent cancer and heart diseases with their antioxidant effects, not to mention prevent tooth decay...the juice of the apples has properties that can kill up to 80% of bacteria. So there you have it, an apple a day really can keep the doctor and dentist away!

**2. Take time for laughter and relaxation** - When things get stressful, overwhelming or worrisome...remember to take a deep breath and relax. Laughter is a vital part of life, and relaxation allows your body to stay healthy and your mind to stay clear. In times of stress laughter can break the tension, raise the heart rate and remind us all that the potential for joy is around us every day. It is too easy to take things too seriously...work takes so much of our time and energy, enjoying and celebrating our work is the reward.

**3. Exercise regularly** – Yes, regularly. Make exercise a part of your daily routine. Set a time you'll stick with (whether it's morning, mid-day, or evening) and set a reminder for yourself. Remember to start small; doing too much in the beginning can lead to burnout. Even 10 – 15 minutes of walking is a good starting point...work your way up to 20 minutes, then 30, and turn up the intensity as you go along. Also remember to mix it up. Doing the same work out every day can get boring. Instead of running or walking every day, try swimming one day, bike riding the next, etc. If it's fun, you'll begin to look forward to it, which will make it easier to turn exercise into a daily habit.

**4. Drink plenty of H2O** – We all know that water is good for us, but many people forget why. We often find ourselves drinking coffee, soda, juice, and tea all day when we should be drinking water. Something to remember is that water is one of the best tools for weight loss because it often replaces high-calorie drinks while serving as a great appetite suppressant...often when we think we're hungry, we're actually just thirsty. Drinking a good amount of water can also boost your energy, clear up your skin, and rid your body of toxins, not to mention fight off dehydration. Remember to carry a bottle of water with you so it's handy all day long and fill it up often.

**5. Clean up clutter and get organized** – Look around your work area...are there documents and papers you need to file or throw away? A clean desk makes for a more productive and less stressful work environment. Simply create places for everything cluttering your area before you attempt to clean up your desk. Once you've cleaned up your desk, make a commitment to regularly cleaning it up by taking just 10 minutes each day for to straighten up your paperwork and put things away. You'll be amazed at what you can accomplish in such a short time!



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