



April 1, 2016

TO: Texas A&M AgriLife Benefits-Eligible Employees

SUBJECT: AgriLife Employee Wellness Newsletter Announcement

Welcome to the first issue of the AgriLife Employee Wellness “Personal Best” online newsletter!

This month we are pleased to present **Top Health** – This newsletter provides readers with practical and actionable wellness information and the motivation needed to achieve and maintain a healthier lifestyle.

Next month, you will receive **Top Performance** – This one is designed to help employees boost their productivity and job satisfaction in practical ways with practical advice.

Each online newsletter features practical, easy to read content and “Smart Moves” toolkit, an interactive online supplement.

We hope that you will find these online monthly newsletters helpful and informative!

Texas A&M AgriLife Employee Wellness Committee | AgriLifeWellness@aq.tamu.edu | p. 979-845-2423

Just click on the **VIEW ISSUE** button below to view the April issue.



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TH TOP
HEALTH.

Welcome!

APRIL 2016 ISSUE

No other lifestyle habit has as much impact on your health as exercise. Research is revealing numerous rewards with exercise.

EXERCISE
– Booster for Life

Inside:

Sunscreen: The Real Cover-up • What's Your Relationship with Food?

