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HELPFUL
• Safety
• Economy
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Five Tips For Safety

1. Don’t leave delivered mail and packages unattended. Just as you would not leave your wallets and purses on the front seat of an unlocked car overnight, mail and packages should not be left sitting in mailboxes or on front porches for any length of time.

2. Going out of town? Hold Mail at the local Post Office. If you plan on going out of town or know you won’t be able to check your mail for a few days, consider using the Request Hold Mail service on USPS.com. Letters and packages will be held securely at the local Post Office until you pick them up or request delivery.

3. Plan ahead. Ship using Hold for Pickup. When shipping packages, you can choose the Hold for Pickup option and the recipients can collect the packages at their local Post Office. If you are expecting a package, you can redirect it to your local Post Office by selecting Hold for Pickup using USPS Package Intercept.

4. Customize the delivery. If you know the package will not fit in your mailbox and you won’t be home to receive it, you can ask your carrier to leave it in a specified location. Visit usps.com, enter the tracking number and select Delivery Instructions.

5. Secure the shipment using USPS Special Services. Signature Confirmation helps ensure the package ends up in the right hands by requiring a signature at the time of delivery. For your most valuable packages, you can opt for Registered Mail service. Registered Mail receives special handling from the time it’s mailed until the time it’s delivered, with documentation every step of the way.

(BNSA)—For many of us, this season is a time to celebrate the holidays with family and friends. Unfortunately, thieves take advantage of the holidays to steal packages containing gifts for loved ones or supplies needed for holiday celebrations.

The Postal Service looks forward to delivering a great deal of holiday cheer along with more than 15 billion mail pieces. The United States Postal Inspection Service*, the federal law enforcement arm of the Postal Service, is working around-the-clock to keep your important shipments safe and prevent mail and parcel theft.

What can you do to ensure your gifts and cards are safe? Postal Inspectors are offering five tips to help ensure your important packages reach their destination and brighten the lives of friends and loved ones this holiday season.

Tackling The Ultimate Workforce Challenge

(NAPS)—Today, many people in business talk of diversity fatigue, says Barbara Adams, PsyD, author of “Women, Minorities, & Other Extraordinary People: The New Path for Workforce Diversity” (Greenleaf Book Group Press). But, she adds, that means “we’ve momentarily lost sight of the magnitude of opportunity before us.

Her book can serve people in leadership positions who recognize, “the tremendous strategic value of having diverse, inclusive workforces,” but have struggled to commit to it.

“The opportunity we have is in our recognition that human logic and emotion are complicated things that become intertwined in business and life. We need to understand that we can’t use rational thought alone to overcome the challenge of diversity and inclusion,” says Dr. Barbara Adams in her new book.

For all the many well-meaning diversity initiatives that organizations have undertaken lately, “personal mindsets and beliefs are what count,” she writes.

“People in leadership positions,” Dr. Adams adds, “have the ability to replace judgment and bias that naturally occur in us with curiosity about differences.” And that, she concludes, is “truly the beginning of embracing the opportunity that lies in workforce diversity and inclusion” and can make companies and organizations more successful.

Her book reframes the journey ahead through an organizational lens, highlighting the importance of cultural norms, challenging misconceptions, and providing research and practical tools.

Learn More
For further facts about Dr. Adams and a look at her new book, go to www.drbarbadams.com and https://greenleafbookgroup.com.

Four Easy Tips That Will Keep You Working Out All Winter Long

(NAPS)—Many people find that when the temperature falls, so does their motivation and the frequency of their workouts. But it shouldn’t. Research has shown that working out through the cold winter months strengthens the immune system to help fight off those cold-weather blues and illnesses.

Knowing how to stay motivated and what to do to keep your fitness routine challenging is key: Staying on track and meeting your fitness goals during the cold season can give you a jump start on setting higher goals and staying active through spring and summer.

Fortunately, advances in technology and social media have made it easier to add variety and personalize your workouts. Online videos make it easier than ever to customize workouts to fit your individual needs and goals, as well as find inspiration to keep up your hard work regardless of where you might be in your fitness journey.

To help, Tom Holland, exercise physiologist and Bowflex fitness advisor, shares these tips on how to diversify your workouts to maintain your motivation while maximizing your results.

1. Shake up your routine. Many people do the exact same workout every time, performing the same exercises in the same order. This is one major reason you stop seeing results—your body has become accustomed to the stress. A simple yet extremely effective way to overcome a plateau, or avoid it in the first place, is to simply change the order of your exercises. This “pre-fatigue” your body in a new and different way, keeping it challenged and the results coming.

2. Enjoy the great outdoors. Studies show that you can burn more calories, strengthen your endurance, and combat the winter blues by working out in the cold. If you decide to challenge Mother Nature with an outdoor workout, make sure you dress appropriately with layers and stay hydrated even though you may not feel like you need it.

3. Work smarter. The new Max Intelligence platform, available with the Bowflex Max Trainer M6 and M8 cardio machines (www.bowflex.com/max-trainer), uses artificial intelligence (AI) to analyze your workouts, and automatically adjusts your fitness plan to help you continue making progress towards your goals. Through an initial fitness assessment and predictive analytics, Max tracks and collects data from your previous sessions, customizes your workouts every day and provides spoken encouragement to keep up the good work. In addition, Max can assess your fitness data to serve up appropriate trainer-led videos and educational content to provide instruction and motivation.

4. Mix it up. Find fun videos to inspire new workouts. There are many available from certified professionals. Trying new things can help challenge your muscles in different ways. It also helps build your mental stamina to keep you sharp and focused as you concentrate on remembering the new movements and order of the routine. Step outside your comfort zone—you might just discover a new favorite way to work out.