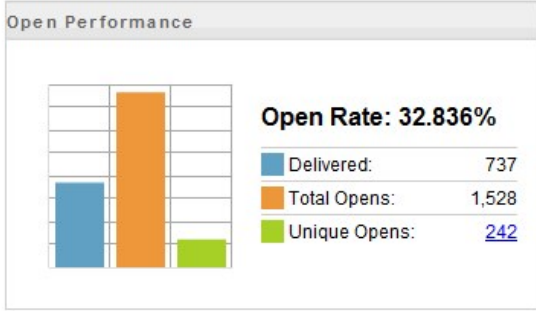
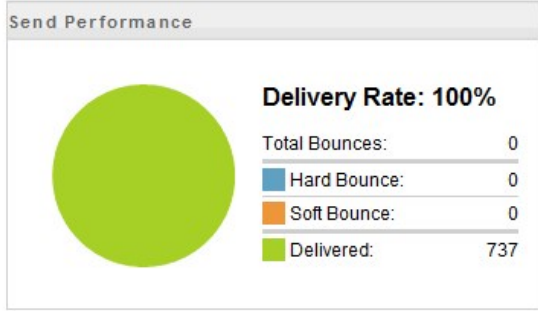


**Summary**

**Job ID:** 26670802  
**Name :** 15.12 January MOW Newsletter  
**Subject :** January Mountains Of Wellness Newsletter  
**Date Sent:** 1/13/2016 3:56 PM  
**Total Sent:** [737](#)  
**Lists :** 15.12 All EWR (737 sent)



**Inbox Activity**

Viewing:

	Total	Unique				
Opens	1,528	<a href="#">242</a>		32.836%		
Clicks	107	<a href="#">34</a>		4.613%		
Forwards	0	0		0%		
Surveys	-	0		0%		
Unsubscribes	-	0		0%		



**Unengaged Subscribers**

	Unique	
Total Delivered	737	
Did not click	<a href="#">703</a>	
Did not open	<a href="#">495</a>	

**Forward to a Friend Activity**

	Total	Unique				
Clicked 'Forward' link	0	0				
Forward Activity	0	0				
New Subscribers	0	0				



## 2016: A Fresh Start



The New Year has arrived and if you're like most Americans you've created your list of resolutions and goals for 2016. Principles to follow when creating a successful long-term plan:

- Set yourself up for success
- Create specific action items
- Change your tune
- Try, try again
- Celebrate successes

[Click Here To Learn More](#)

## No One Cares About Your Money As Much As You Do

Even if you choose to use a financial advisor, you need to educate yourself to understand their recommendations. Fortunately there are many resources available to you for free! Here are a few great places to start:

- [TriadEAP.com](#)
- [Jim Collins - The Simple Path To Wealth](#)
- [How To Invest In Thirteen Steps](#)



[Click Here To Learn More](#)

## Athletic Club @ The Westin Avon Health Challenge

**WEDNESDAY, JANUARY 27**



Are you looking for a chance to hit the reset button on your health? Using a whole-foods based nutrition plan, learn how to fuel strong workouts and detoxify your body while supporting healthy, sustainable weight loss. Check out the January Athletic Club Health Challenge to help you reach your goals in 2016.

[Click Here To Learn More](#)

## Recycling Diversion Rates Defined

Are you aware that Recycling one aluminum can saves enough energy to run a TV for three hours, or the equivalent of a half gallon of gasoline? Proud to participate in Waste Management's Recycling Program, over the last two years, EWDH has averaged a 42% diversion rate.

- What is diversion rate?
- How do I calculate my diversion rate?
- Single stream recycling overview



[Click Here To Learn More](#)

## HYDR8TE Challenge



The Mountains of Wellness HYDR8TE Challenge is a four-week individual challenge that increases daily water consumption. Water is vital for our organs, especially the kidneys, to properly function. Water can also promote weight loss, as drinking plenty of water can make you feel more full.

- Experts recommend 64 - 96 oz daily
- Earn up to 12 challenge points daily
- Complete the challenge to earn 20 My Viverae wellness points

[Click Here To Learn More](#)

## January Lunch Recipe: White Bean & Kale Soup!

Directions: In a stock pot, cook ham hock in four quarts of water. Bring to a boil and keep at a boil for 45 minutes. Add carrot, celery, onion and garlic. Continue to cook until carrots start to soften, approximately 15 minutes. Add remaining ingredients and cook until sweet



remaining ingredients and cook until sweet potatoes and carrots are fully cooked. Spoon into bowls and serve.



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