

Inglewood News

The Weekly Newspaper of Inglewood

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El Camino College's Warrior Toyland



El Camino College held their 21st Annual CARE & CalWORKs Holiday Event (Warrior Toyland) on Tuesday, December 17, 2019. Over 200 students and their children participated in the event. This very special event is made possible through the generous contributions of El Camino College employees, members of the local community, and surrounding businesses. All children who participated received 1-3 gifts each. Photo provided by El Camino College.

Seniors

Prioritize Your Health In The New Year

(BPT) - Now is the time of year when people typically take inventory of their lives and set new goals. Relationships, finances, careers and health are all important aspects that impact overall well-being. For this New Year, consider making your health a top priority.

According to the recent America's Health Rankings Annual Report, the nation's obesity rate continues to rise, with one in three adults now experiencing obesity. This alarming statistic may have serious health consequences such as diabetes, which now impacts approximately 30 million adults and is the No. 1 cause of kidney failure, lower-limb amputations and adult blindness, according to the Centers for Disease Control and Prevention.

There are many factors that play a role in your health, but one that you can control is making a commitment to start living a healthier lifestyle. Sure, there will be some bumps during your well-being journey, but your goal can be achievable and you deserve to reap the benefits.

Ann Marie O'Brien, national director of health strategies at UnitedHealthcare, offers the following tips for achieving a healthier you in 2020.

Stay Active

Regular exercise may help you live longer and may reduce your risks for a host of diseases. Try to aim for at least 2.5 hours of moderate aerobic activity a week, but if that's too challenging then start off with 15 minutes here and 15 minutes there. Every little bit counts. To be successful, your fitness program should become a part of your daily life.

Also, check with your health plan and employer to see if they offer wellness incentives. For example, UnitedHealthcare's Gym Check-In program enables participating employers

to provide employees and their spouses the opportunity to each earn hundreds of dollars a year for visiting a fitness facility 12 days or more per month.

Eat Healthier

Sure, it's easier said than done, but good nutrition is a vital part of a healthier lifestyle. Experts say the healthiest diets are rich in fruits and vegetables, because these foods are full of healthful nutrients and fiber. Here are three simple tips to eating healthier: Go for more fruits and veggies; choose less meat and fat; and keep an eye on the size of your food portions. Just saying "no" to the buffet can do wonders.

Reduce Your Stress

If you're feeling stressed, it's important to unwind and relax by doing something you enjoy. Maybe it's watching a movie, reading a book or volunteering to give you time to recharge. Also, make time to connect with others. Maybe that's friends, family, a faith group or a hobby club. It's important that you don't isolate yourself after a stressful event. Remember, if you cannot get a handle on your stress, talk to your doctor. She or he may recommend a counselor who could help you find other ways to help reduce or manage the unhealthy stress in your life.

Team Up with Your Doctor

Take time today to make an appointment with your doctor for your annual wellness visit and be sure to ask about preventive services such as health screenings and vaccines. Check with your health plan as many preventive services have no additional cost, as long they are delivered by care providers in your plan's network. Your doctor will help you create a treatment plan to help manage any chronic conditions, such as asthma, diabetes and high blood pressure. •

Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

FOR RENT

1 BEDROOM 1 BATHROOM APARTMENT FOR RENT 1718 E. MARIPOSA - \$2,295.00/MONTH - 1 CAR GARAGE - AVAILABLE JAN. 1, 2020. CALL 310-877-2374 FOR MORE DETAILS

Employment

Part-time Sales. Looking for motivated part-time workers. Inside sales: work from home and make sales calls. 15% commission on all sales. Outside sales: territories are Torrance and El Segundo. Includes walking and interacting with business

owners. 20% commission on all sales. Seniors and students welcome. Send resume to management@heraldpublications.com.

Employment

Writers wanted for the El Segundo Herald. One writer for sports and one writer to cover general interest or do community profiles. You must have some writing experience. Please send resume to management@heraldpublications.com. No phone calls please.

WANTED

WANTED. Vinyl, vinyl, vinyl records, anything musical. Collectibles/antiques. Typewriters, sewing machines, military, silver, Japan, records, stamps, coins, jewelry, Chinese, ANYTHING. Buy/Sell/Trade. We sell for you on EBAY. Studio Antiques, El Segundo. 310.322.3895.

To appear in next week's paper, submit your Classified Ad by Noon on Tuesday.

Late Ads will incur a \$20.00 late fee.

REACH THOUSANDS OF VIEWERS

We're HIRING! **Help Wanted!**
For SALE! **For RENT!**



CLASSIFIED ADS - ONLY \$40
for twenty words or less.

Email class@heraldpublications.com or call 310-322-1830 for more information.