

Quarterly
December 06

The Wellness Newsletter

of St. Andrew's Parks and Playground

Set Goals for a Healthy New Year

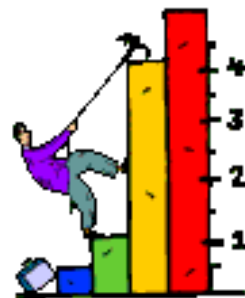
Because it's a major transitional time, the new year provides a convenient time to take stock of your life. Whether it's dropping weight, starting, millions of people resolve to make changes in the new year. However, many of those same people who were so energetic at the first of the year forget about their resolution and revert back to their old habits in a matter of weeks. How can you set goals and stick to them?

The American Council on Exercise offers the following tips to help you stick to your New Year's resolutions:

- Set resolutions that are realistic and based on your personal history and experience.
 - Write down both your resolution and your plan.
- Set interim goals. You can't lose 100 pounds or get a doctorate overnight.
 - Keep track of your progress. Review it once a week.
 - Evaluate whether or not you have the skills to attain your goal.
- Use positive language. The way you talk to yourself affects your ability to attain your goal.
 - Lose the excuses.
 - Get support.
 - Develop coping strategies.
- Celebrate your "successes" and rebound from your "lapses".

Don't forget to work-out at least 30 minutes a day! Your health is worth it!

Please call Tina at 763-4360, if you have any information you would like to add to the Wellness Newsletter or if you have any questions.



Enhancing your Exercise Routine

The first step in improving your health is finding – or making the time to exercise. However, doing the same workout over and over can get boring. Changing things up can bring amazing results. Here are some ways to improve your workout:

- Change the mode or intensity of your workout. Get creative and challenge yourself.
- Hire a personal trainer. A trainer can help keep your workouts fresh and progressing.
- Eat properly and stay hydrated.
- Exercise at the right time for your body. Work with your body's natural energy level.
- Get a workout partner.
- Emphasize breathing. When strength training, take full breaths during exercise, exhaling on the exertion and inhaling as you release.
- Listen to music. Music can make a workout more fun and give you the extra burst of energy you need to work hardest.

Source: American Council of Exercise

“Cover Your Cough”

According to the Center for Disease Control, one way you can prevent the spread of germs is to cover your cough. Here's how:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve, not your hands.
- Put your tissues in the waste basket.
- If you have to be around someone who is sick and contagious, wear a surgical mask.
- Wash your hands with soap and water
- If water isn't readily available, clean your hands with an alcohol-based hand cleaner.

