

Healthcare Insights

Quarterly Newsletter for Employee Wellness
Winter 2011, Volume 2, Issue 1

20/20 Healthcare Vision



Resolution Reminders

- Get rid of the all or nothing mindset.
- Adopt a positive attitude and ward off negativity.
- Share your goals with a good support system.
- Reward yourself for the efforts and milestones.

Walk this Way!

Step-Up And Be A Leader
Start a Walking Group At Work
Organize a group of coworkers, put on your sneakers, and reap the cardiovascular and stress relieving benefits of walking.

The group leader could be in charge of scheduling walks and organizing fitness logs. Set your group goals and use pedometers to track your steps to success.

See your on-site
Wellness Professional for Assistance.

SMART Solutions for New Year's Resolutions

It's time again to think about New Year's Resolutions. Health-related resolutions, such as quitting smoking, losing weight, and getting more fit are common. These are great goals, but often times February rolls around and you realize you haven't had much success. You must have a plan to succeed. A **SMART** approach to goal setting is the best way to make a resolution – a permanent change!

Specific: Specific goals are better than general goals. For example, instead of deciding that you want to get more fit or lose some weight, make the resolution more specific by attaching personal meaning. When you say you want to be fit, what exactly does that mean to you? Writing down your specific plan of action can also be helpful.

Measurable: Set goals that can be measured. How will you know that you have met your goal unless you can actually measure your progress? Keeping a log is a great way to keep track of the progress you are making.

Attainable: Make your goals more attainable by breaking the overall goal into mini goals. Wanting to run a marathon when you've never run one mile can seem insurmountable. Setting mini goals, such as running a mile and then working up to a 5K is a better approach.

Realistic: Keep your resolutions and goals realistic. Swearing off all sweets for the rest of your life is drastic. Virtually impossible goals cause us to feel as if we failed before we can even get started. Instead of swearing off all sweets, consider moderation, such as limiting dessert to a once a week event.

Timeframe: Having a timeframe for resolutions is helpful in getting you motivated to start now instead of putting off your plans. Keep in mind that adjustments can be made. Many people find it helpful to make a combination of short and long term goals.

For more New Year's resolutions advice, visit:
www.umm.edu/features/resolutions_guide.htm

Monthly Tips & Health Reminders

■ **January:** Cervical Health Awareness Month is intended to remind women to stay up to date on their recommended screening exams. Visit www.nccc-online.org for information. Also, it's National Birth Defects Prevention Month. Sadly, one in 33 babies are born with some type of birth defect. Learn more at www.nbdpn.org.

■ **February:** It's American Heart Month. Major risks associated with heart disease include hypertension, high cholesterol, and diabetes. Now is the time to get your blood pressure, cholesterol and glucose levels checked to ensure your numbers are at a healthy level. Learn more at

www.heart.org. Also, wear red on 2/6/2011 in honor of National Wear Red Day, sponsored by the National Heart, Lung and Blood Institute. Spread awareness of the dangers of heart disease.

■ **March:** In honor of the national observance of National Nutrition Month, consider making simple changes for healthier eating habits. Add more whole grains to your daily eating routine and increase your consumption of fruits and vegetables. Try to limit your daily intake of saturated fat and cholesterol. National Nutrition Month is sponsored by the American Dietetic Association, visit: www.eatright.org.

■ **April:** Spring is here with holiday events and family gatherings. Add extra physical activity to your routine in order to counter-balance the additional calories from the holiday treats. When you're filling Easter baskets, add in some healthier snacks such as trail mix or rice cakes. Another thought is to put non-food items in kids' Easter baskets, such as a jump rope or coloring book.

Holiday Tip: Those treats can really add up quick! Five Peeps are approximately 160 calories; Cadbury Crème Eggs are 170 calories each, and a large chocolate bunny (7 oz) can total 1,050 calories.

■ Visit www.Med-Vision.com ■ Find us on Facebook and Youtube

MedVisionTM
20/20 HEALTHCARE VISION