



JANUARY 2017

HOW TO STAY ON TRACK FOR THE NEW YEAR

Start Small & Easy. You want to set yourself up for success. Setting up small goals that you can accomplish will help to reinforce behaviors that support your long term goal as well as provide you with a sense of control. An example would be, if you're trying to get fit start by walking for 10 minutes a day for the first week and then increase it from there. The same can be applied to healthy eating habits. Start by eating at least 1 healthy meal for 2 weeks and then add another healthy meal to your daily routine.

Start Early. Most people have more energy earlier in the day. Take advantage of this by exercising in the morning or afternoon. Another great way to kick start your day is by having a healthy and filling breakfast. Breakfast will boost your metabolism and provide you with energy throughout the day.

Make It Fun. When you make it fun you're more likely to stick with it. We protest and reject hard, laborious, and unpleasant tasks and embrace those that are fun. If you dread the gym, then try to find a fun exercise program. Maybe it's an outdoor boot camp or biking along a scenic route. If you want to develop better eating habits but don't like the taste of healthy food, then take a cooking class. These also promote social interaction and provide good information and they're also fun!

Forget the All or Nothing Mentality. Good health isn't all or nothing; every salad, green juice and exercise counts. Some people often feel like they have to give up everything they enjoy in order to be healthy, which couldn't be further from the truth. Take small steps toward a better health each day, and eventually things like exercising and eating vegetables will become habits instead of chores.

Track Your Non Scale Victories. Measure your success by how you feel, how your clothes fit or how much stronger you are. The scale may not reflect these victories, so don't let the scale dictate your feeling of success or accomplishment.

5-4-3-2-1 WORKOUT

5 MINUTES:

- 1 Minute Jumping Jacks
- 1 Minute High Knees
- 1 Minute Butt Kickers
- 1 Minute Power Jacks
- 1 Minute High Knees

4 MINUTES:

- 1 Minute Squats
- 1 Minute Wall Sit
- 1 Minute Jump Squats
- 1 Minute Wall Sit

3 MINUTES:

- 15 Tricep Dips
- 15 Pushups
- 15 Dumbbell Back Rows
- (*REPEAT FOR 3 MINUTES)

2 MINUTES:

- 1 Minute Walking Lunges
- 1 Minute Jumping Lunges

1 MINUTE:

- Plank

1 Circuit Total Time: 15 Minutes.
Repeat Circuit 2-3 Times.

January Health Awareness

GLAUCOMA AWARENESS MONTH

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss. It causes no pain. Vision stays normal. Glaucoma can develop in one or both eyes. Without treatment, people with glaucoma will slowly lose their peripheral (side) vision. As glaucoma remains untreated, people may miss objects to the side and out of the corner of their eye. They seem to be looking through a tunnel. Over time, straight-ahead (central) vision may decrease until no vision remains.

GLAUCOMA IS DETECTION includes the following:

Visual acuity test. Eye chart test measures how well you see at various distances.

Visual field test. This test measures your peripheral (side vision). It helps your eye care professional tell if you have lost peripheral vision, a sign of glaucoma.

Dilated eye exam. This exam, drops are placed in your eyes to widen, or dilate, the pupils. Eye care professionals use a special magnifying lens to examine your retina and optic nerve for signs of damage and other eye problems.

Tonometry is the measurement of pressure inside the eye by using an instrument called a tonometer. A tonometer measures pressure inside the eye to detect glaucoma.

Pachymetry is the measurement of the thickness of your cornea by using an ultrasonic wave instrument to measure the thickness of your cornea.

<http://www.glaucoma.org/news/glaucoma-awareness-month.php>

THYROID AWARENESS MONTH

The thyroid is a small gland located in the base of your neck that is part of the endocrine system. This tiny gland has a big job and nobody disputes that! The gland is responsible for various functions including the metabolism, regulating body temperature, cognitive function, digestion, and much more. To make it easy, the thyroid affects the entire body and when it is not working properly you will definitely feel the effects.

<http://www.thyroidawareness.com/>

NATIONAL BLOOD DONOR MONTH

Since 1970 January has been declared National Volunteer Blood Donor Month, and with good reason. Above all other times of the year, it's the month that presents the most challenges in recruiting people to give blood. This January is no exception with local Red Cross locations are in an urgent need for more donors. "There are so many unpredictable factors at play that can affect the blood supply during January; it's a critical time to remind the public of the need for more donors," said Rodney Wilson, communications manager for the American Red Cross. "If you are in good health, now is the time to share that good health with patients in need."

<http://www.redcrossblood.org/news/centralohio/january-national-blood-donor-month-reason-urgent-need-donors-now>

Chocolate Peanut Butter

Banana Bites

Ingredients:

- * 3 Medium Ripe Bananas, Sliced
- * ¼ cup Peanut Butter
- * 10 oz. Dark Chocolate (baking)

Instructions:

1. Spread PB on half the banana slices.
2. Use the remainder banana slices and place on top to create a sandwich bite.
3. Place the sandwich bites in the freezer.
4. Melt the dark chocolate in a microwave.
5. Remove the bites from the freezer. Dip the bites into the chocolate and remove. These will go back into the freezer.
6. Freeze for at least 3 hours before serving.



Apple Slice Cookies

Ingredients:

- * 1 Apple
- * ¼ cup Peanut Butter
- * 1 to 2 Tablespoons Unsweetened Coconut Flakes
- * 1 to 2 Tablespoons Chopped Walnut Pieces
- * 1 to 2 Tablespoons Mini Chocolate Chips

Instructions:

1. Cut the core from the apple.
2. Slice the apple into ¼ inch slices using a knife.
3. Set each of the apple slices onto a sheet of paper towel and blot the tops dry with another paper towel.
4. Spread a layer of peanut butter on each apple slice.
5. Then top with coconut flakes, walnuts and chocolate chips.



When it came to New Year's Resolutions, Gerald was a realist.

We hope your New Year is off to a great start and may it continue to be greater!

The Wellness Committee wishes you all a healthy, active and wonderful month of January.