



MSAD #1 Wellness News

January 2009



Wellness Programs

Massage Therapy

Where: PIHS Health Services Office
 Contact Amanda Blade, LMT, at 939-5430
 Contact Danielle Soucy, LMT, at 314-0810

Personal Fitness Trainer

Contact Marie Waddell, Certified Fitness Trainer
 Phone: 227-3610 or 764-8120
 Email: marie.waddell@sad1.org

Fitness Center

Mon.-Fri. 5:00-7:30 AM
 2:45-7:00 PM
 Saturday 7:00-10:00 AM
 Sunday Closed
 Vacations 7:00-10:00 AM
 Holidays Closed

Wildcat Challenge - NEW

Tips for Attaining New Year's Resolutions

Sticking to resolutions and making changes can be difficult. Here are some tips to help keep resolutions for a healthy mind and life.

1. **Try again.** Everyone has made and broken past resolutions. That doesn't mean success won't happen this time. Start with a positive approach. Think about what disrupted your intentions in the past.
2. **Don't make too many resolutions.** Pick a realistic, attainable goal with a reasonable time frame.
3. **Choose your own resolution.** Make sure this is something you want to accomplish for yourself and not for family or friends.
4. **Make a plan and write it down.** Plan what you would like to accomplish in three to six months. Achieving small goals over time gives a sense of accomplishment and motivation to keep going. Writing your goals down is a good way to keep track of your progress.
5. **Involve family and friends.** They can support and motivate you to keep going. Setting a personal goal is not a "promise" which can never be broken. Don't paint yourself into a corner by overstating what can be a realistic change you plan to make.
6. **Forgive yourself.** If you get off track, don't think you failed. Review your plan and make adjustments.
7. **Congratulate yourself.** Reward yourself when your goals or resolutions are met.

American Psychiatric Association

Weight Loss: Eight Keys to Success

Is it really possible to lose weight and keep it off? Absolutely! Here's how:

1. **Make a commitment.** Take advantage of the interest you have in losing weight today. Buy new exercise shoes, take a walk, plan this week's meals and make a shopping list today.
2. **Set realistic goals.** Losing one pound a week and keeping it off with sensible eating and exercise is a sensible goal. Keep a food diary for a week. Create a food plan that provides about 500 calories per day less than you are eating now. As long as you are also exercising you will lose about one to two pounds a week. Instead of focusing on the scale, set a more tangible goal like feeling more comfortable in clothes that have gotten too tight.
3. **Stay conscious.** Give some thought to the triggers that make you overeat. Once you identify those food cues you can consciously choose another way to respond to them. When you are eating a meal focus on what you are doing, don't read or watch TV.
4. **Plan for success.** Successful weight loss requires significant changes in lifestyle and planning ahead. Making grocery lists, stocking your pantry with healthy food, and scheduling time for workouts will make those changes easier.
5. **Get moving.** Exercising not only burns calories and compensates for the slower metabolism that comes with eating less, it makes you healthier. Moderate exercise can be just as effective as vigorous exercise. It can be fun if you choose a sport or activity you like.
6. **Eat healthfully.** Eating well makes it easier to lose weight. You will feel better and have more energy to stay active. Load up on fruits, vegetables and whole grains. They will help provide lifelong protection from many health problems including cancer and heart disease. Don't deprive yourself of foods you like or that your body needs. Just eat less of the more fattening ones.
7. **Track your success.** Successful "losers" chart their progress. Writing it down keeps you from fooling yourself about how much you are eating and exercising. Watching numbers drop on the scale can be a great motivator.
8. **Bounce back.** Everyone gives in to temptation once in a while. The trick is to guide yourself back on track. The more consistently you make wise food choices, the better you will feel and the quicker you will reach your goal.

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Wellness Committee Members

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