

**P.E.P.**  
Talk

# Better Health Through Improved Planning, Environment and Programs



EVERY TWO SECONDS  
SOMEONE IN THE U.S.  
NEEDS A BLOOD  
DONATION

*AMERICAN RED CROSS*

January 2018

**Cervical Cancer  
Screening Month**

**National Blood Donor  
Month**

**National Birth Defects  
Prevention Awareness  
Month**



"There is nothing magical about the flip of the calendar, but it represents a clean break, a new hope, and a blank canvas." -Jason Soroski



## Health /Wellness

### *Invest in Your Health!*

Our health and well-being may look different depending on our age and our current level of health. So many times we look back and think I could have done this or that just a few years ago. That may serve as motivation for some but it may also discourage some others. Think of your health and well-being as a savings account with compounding interest. Each and every step you take toward improving any part of your health pays off. It is not like winning the lottery where you suddenly get a big payoff because you ate healthy for a week and exercised for 7 straight days. Taking care of your health usually has a cumulative effect.



## Mind/Body

### *Recommit!*

The New Year is a great time to recommit to personal growth. While we symbolically start over or hit the reset button, self-care almost always seems to be at the top of everyone's list. Maybe it is your mental health, emotional health, physical health, financial health or spiritual health that you want to "fix". Generally speaking, within a few weeks many of our resolutions have already fallen by the wayside. Life gets stressful and we return to our old ways before we have a chance to realize what has happened. I recommend making new rules and not resolutions for yourself and, as always, have someone help hold you accountable.



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## Talk

## Practically Speaking

*"Remove 'should' from your vocabulary this year. Start your journey of self-love now."*

Kelly Martin

A friend of mine always said you need to "weed the shoulds." I think it was Yoda that said "do or do not there is no try." How do we separate the "shoulds" and the I'll "try's" from the do or not do's?

This can be tricky and many times requires help from a coach or an accountability partner. Knowing your limits and being honest with yourself is a good place to start. Isn't there a quote about the best of intentions? I know many times we set the bar high and the only thing we accomplish is failure. There is, of course, also danger in setting the bar too low.

Motivation can be a tricky thing and can fool us into thinking we have more resources than we may truly have to accomplish the task at hand. Having a coach can help you understand any obstacles that may impede your progress and help you develop strategies for the times all else fails.

Mark, Wellness Director and Certified Health Coach



## Nutrition

**Choose Wisely!**

So you picked eating healthy as a resolution. Here are a few rules that may help you along the way. Before going out, check out the restaurant's menu online and make your decision before you get there. That way you cannot be as easily influenced by your peers or the delicious smells coming from the kitchen. Understanding portion sizes can also help, and get a "to go" box right away and split your meal. Another tip is to skip the unhealthy calories that many appetizers contain, limit beverages with unhealthy calories and beware of the sauces.



## Active

**Pace Yourself!**

Deciding to be more active or exercise more is a great idea. We recommend picking a realistic goal and a realistic timetable. Many people are in such a hurry to get in shape or shed unwanted pounds that they set the bar too high for themselves and over commit to the amount of time they can spend exercising. I suggest starting with 2-3 times a week and make that happen before adding more time. One rule may be to exercise at least 30 minutes before you can watch television or enjoy another screen time activity.

