

New Year, New You

Total Health Wellness

January

Shelby County Government

Resolution Breakdown

It has been a tradition for many years to make New Year's resolutions. It is said to even date back to the times of Caesar, as a way to honor mythical gods! Aside from it being a common tradition, why do we really make New Year's resolutions? About 40 to 45 percent of American adults set a least one resolution come New Year.

One reason is the allure of starting from scratch. Often times with a new year comes the feeling of a clean slate and a fresh start, which gives us a great opportunity to try something new or "be the person we have always wanted to be". Another motivator behind resolutions is the desire of bettering ourselves. Most people have a natural self-improvement bug running

around in them and the New Year is always the time to start! So why don't we just start our self-improvement and new goals any other day? The date of the New Year gives us a chance to prepare for the change we want to make, it gives us time to motivate ourselves and really set our mind right on making that change. Even if we don't all follow through and meet that goal or change that bad habit, at least there is hope and belief that we have the ability. Setting a resolution is a way to get us closer to our goals, so if we follow a few helpful steps to set a goal that is right for us then we will be on your way!

Highlighted Program of the Month: Pitch a Fit

Our upcoming weight loss program called "Pitch a Fit" will begin January 17th. The fitness program creates diversity in the workout program while implementing movement that will enable all participants to receive results. The program consists of different classes throughout the 8 weeks. The classes are as follows "Lift for Lunch" (12pm), Yoga (all levels), H.I.I.T It (Boot camp), and Dance Aerobics. The Pitch-A-Fit program allows you to choose classes that fit with your goals and time. Classes will be held during lunch hour, in the evenings, and some mornings. A form will be available for pickup at the Wellness Center front desk, in which you can weigh in weekly and track your results. All participants will need to complete an initial weigh in with Deana Taylor if you decide on tracking your results through the 8-week process. During the initial weigh in class recommendations will be given based on that individual's goals. Nutrition tips and meal planning ideas will be posted weekly on the board in the wellness center, and sent via email to the initial weigh in participants.

Healthy Recipe



Peanut Butter Protein Balls

Ready in 5 minutes • Makes 14 servings

Nutrients per serving (1 ball):
Calories: 84, Total Fats: 5 g,
Saturated Fat: 1 g, Trans Fat: 0 g,
Cholesterol: 3 mg, Sodium: 28 mg,
Total Carbohydrates: 8 g,
Dietary Fiber: 1 g, Sugars: 6 g,
Protein: 4 g, Iron: 0 mg

Ingredients

- *1/3 cup natural peanut butter
- *1/4 cup honey
- *1 scoop chocolate or vanilla whey protein powder
- *3 tbsp ground flaxseed
- *3 tbsp dark chocolate chips (optional)

Instructions

Mix all ingredients together. Should be the consistency of Play-Doh. Roll into 14 small balls. Refrigerate overnight for best results.

The SCG Wellness center is throwing a variety of fitness classes your way, you choose your healthy lifestyle destination. Classes are offered every Tuesday and Thursday. Be on the lookout for a separate email with more details. For more information concerning this program, please contact Deana.Taylor@shelbycountyttn.gov.

Make a "SMART" New Year's Resolution

Avoid the weight loss yo-yo this year. Make a "New" New Year's Resolution - one that will last a lifetime. If you are like most of us, the start of a new year has you thinking about self-improvement. For many people this means another resolution to get in shape. Unfortunately, the "weight-loss resolution" may not make it passed March, and the weight comes right back in April. The hardest part is getting started. That's where setting goals can help. When setting goals, you want to make sure that they are specific and objective. Base your goals around criteria that are definable and measurable. You can use a simple process called "SMART" when planning out your New Year's Resolution: **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**ime-related.

Example of a Goal using the SMART technique:

To be as healthy as I was in high school.

Long-Term Goal:

30lbs weight loss, normal blood pressure, under 22% body fat by January 2015

How: By meeting my medium and short term goals. By documenting my progress each week.

Medium-Term Goal: 15lb weight loss, reduced blood pressure, under 29%body fat by June 2.

How: By completing my short term goals, and checking in with a personal trainer to track my progress and discuss my goal. Recognizing my setbacks by pushing through them and overcoming any obstacles.

Short-Term Goal: Lose between .5lb and 1lb a week

How: By committing to workout 4 days a week, keeping a food log, and having the support of a workout partner. I will plan my meals and prepare accordingly for any holiday events that may alter my healthy diet. I will

complete an initial assessment with a personal trainer and receive advice for achieving my goals.

What's happening at the County: Schedule of events:

Lunch and Learns:

January 12th from 11a to 12p at the Corrections Facility Chapel:
"Keys to Long Term Weight Loss"

Wellness Center Events:

Pitch a Fit Program:

Lift for Lunch: 12pm-1pm
(4weeks) starts 1/17 Tuesday

Yoga: 12pm-1pm (4 weeks) 2/6
starts Tuesday

H.I.I.T It!: 5pm-6pm (4 weeks)
Starts 1/19 Thursday

Dance Aerobics: 5pm-6pm (4 weeks) 2/6
Starts Thursday

*For more information concerning the wellness center or wellness center programs, please contact Deana Taylor, Fitness Specialist,
Deana.Taylor@shelbycountyttn.gov*

*For more information concerning all wellness programs please contact Elyse Lovelace,
Wellness Coordinator, elyse.lovelace@shelbycountyttn.gov*

