



JANUARY
'14



Well NEWS

A Monthly Insight into Health and Wellness

Skip making a New Year's Resolution... Create a Life Goal!

As we start the New Year, many of us think about what we can do better this year or what our New Year's Resolution should be. By design, our resolutions are often the result of contemplating our own weaknesses. They originate from things that we have failed at in the past, those items we have been meaning to do or something that we never thought we could accomplish. Because of this, it is no wonder we often get discouraged and fail to be successful at accomplishing them.

This year, challenge yourself to rethink your 'resolution' and instead create a Life Goal!

It is time to develop a challenging, lasting and meaningful goal to take you through life, not just 2014. To change this process, you need to begin by reflecting on your own personal values and beliefs.

Start by asking these three questions:

- What characteristics of myself do I value the most?
- What are my signature strengths?
- What would make me stronger?

After you have honestly answered these questions, get ready to start on that goal.

Focus on your strengths as you set your goal and allow them to guide you through the process. This will help ensure success.

Don't over reach for a goal that may be unattainable. Make it something that is challenging yet achievable.

Be prepared for any barriers that you may encounter. But more importantly, have a plan for how you will deal with any barriers that arise.

Exercise

OF THE MONTH

Treadmill Intervals

Not only is going at the same pace on the treadmill boring, it is also less effective than doing intervals. Throw some intervals into your next treadmill session to get the most benefit and increase your calorie burn! (You can also use this format on the elliptical or bike.)

WARM-UP

- 5 minutes - moderate pace to get your body moving

EXERCISE

- 20 seconds - High intensity to increase your heart rate and breathing
- 10 seconds - low intensity to recover
- Repeat for a total of 30 minutes.

COOL - DOWN

- 5 minutes - moderate pace to get your body to recover



Stressing the Importance of Managing Stress

By Lauren Ward



In the aftermath of the holidays and end of the year stress, many individuals are left feeling overwhelmed from financial burdens or extended house guests. Stress can be detrimental to your health and inversely effects your work and home life. While the primary physical effects of stress are headache, muscle tension, chest pain, fatigue, and sleep troubles, if you fail to adequately address the source of your stress it could lead to behavior and mood changes, negatively affecting your home life and work performance.

Unresolved stress and anxiety from home translates to work stress, then rebounds back to home life. This perpetuating cycle could be destroying your motivation, as well as the motivation of those around you. It is important to manage your stress to maintain a healthy work life balance.

Some ways to help manage external stressors are:

- 1) Make sure to get plenty of sleep. Operating under insufficient sleep is like driving a car without wheels - press the throttle as much as you like, the car is not going anywhere.
- 2) Establish "No Cellphone" or "No Work" times at home to be with your family. This will allow some guaranteed distraction free time to enjoy with family or friends and de-stress.
- 3) When feeling overwhelmed, get up and take a brief 2-5 minute walk, even if it is indoors, it will help redistribute blood flow and refocus your attention.
- 4) At the beginning of the day write down everything that you hope to accomplish and prioritize by urgency. This way any incomplete tasks are the less urgent ones that can be addressed later.
- 5) Use your morning commute to your advantage - practice the presentation you are going to give, listen to CEU recordings, or visualize how you would like your day at work to go.
- 6) Accumulate 30 minutes of physical activity a day. It does not have to be all at once, 5-10 minutes here and there will help decrease the stress hormones your body is producing.
- 7) Speak with a financial advisor or wellness counselor on debt resolution or budget planning, just knowing you have options will help you realize you are still in control of your finances.

Make sure to start the New Year off taking the appropriate steps to manage your stress.

Lauren is a medically integrated fitness specialist, whose primary focus is on healthy aging and post rehabilitation functional fitness. She works one-on-one directly in homes throughout the St. Louis area. More information can be found at www.homewardfitness.com

Newsletter Quiz

1. Why would you do intervals?
2. What is your Life Goal for the New Year?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by January 31, 2013.

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