

Looking to Shape Up in 2010?

The UT Extension Office is offering a new employee wellness program called TN Shapes Up. This 8 week web based program is designed to help participants learn to make healthy habits fit into their daily routines. TN Shapes Up is designed to be a team effort, so grab any others at your school that might be interested too!

For more information, contact Erika Phillips at [phillipse@hck12.net](mailto:phillipse@hck12.net).

# HCS STAFF WELLNESS NEWSLETTER



## Five Steps to a Healthier Lifestyle

1. Walk more. Because you can decide how intensive you walk, brisk walking is an ideal choice for beginners. It's easy on the joints, it's inexpensive, and it works! Ask a friend or family member to join you.
2. Plan menus in advance. When you know what you're going to eat ahead of time, you avoid impulsive high fat, high calorie selections. Try to plan weekly menus on the weekend and shop for the ingredients you'll need. This will make weekday meals much less hectic.
3. Think fitness not thinness. Throw out any unrealistic notions of becoming stick thin. Anyone, of any body type or age, can become fit through regular exercise and a healthy diet. Fitness matters most in the long run.
4. Kill two birds with one stone. Doing two things at once may be just the way to fit exercise into a hectic schedule. Take your walking shoes to your child's soccer practice so you can walk around the field instead of sitting for an hour.
5. Prepare yourself for a snack attack. Keep healthy snacks on hand, like skim milk puddings, whole wheat crackers, peanuts, and fresh fruit. Undoubtedly, these items will help you resist any other unhealthy temptations.

Coordinated School Health has free pedometers!

Did you know that walking 2,000 steps is the equivalent of walking a mile? Tennessee on the Move recommends wearing a pedometer for 3 days without changing your activity level. Once you get a baseline average for the number of steps you take daily, make it a goal to add 2,000 steps to that daily average.

If you would like a free pedometer, email Erika Phillips at [phillipse@hck12.net](mailto:phillipse@hck12.net).  
Limit: 100



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