

# Coordinated School Health HCS Staff Wellness Newsletter



## Stick to Your New Year's Resolutions in 2008!!

Most likely, we've all set a New Year's Resolution and later broken it. The following tips will help you meet and exceed your goals for 2008:

- Be realistic. Set goals that are challenging yet attainable.
- Be Specific. When thinking about your resolution, be as exact as possible.
- Mark your calendar. Set deadlines for yourself to tackle each step toward your goal.
- Put your resolutions in writing and place them in a spot you'll see them every day.
- Don't keep your resolutions a secret. Tell friends and family who will be there to support your resolve to change.
- Have confidence in your commitment to change. Start the process of change with a positive attitude.
- Start as soon as possible. Go out and purchase the necessary literature or call and set up an appointment with an individual who can help you reach your goals.
- Decide how to deal with temptations. Outline coping strategies to deal with problems that will come up.
- Be flexible. Do the best you can each day. Obsessing over the occasional slip will not help you reach your goals.
- Reward yourself. Acknowledge your achievements, even the small ones.
- Keep trying. If your resolution has totally run out of steam by mid-February, don't despair, just start over.

### Start 2008 on the Right Foot!!

**Fitness discounts for HCS Faculty and Staff Include:**

**Gold Star Gym: 10% discount**

**Curves:**

**\$149 in Membership Fees are waived.**

Be sure to mention this discount upon your first visit.

Interested in Weight Watchers at Work?

We are currently awaiting confirmation from Weight Watchers regarding their availability. Be sure to check your email next week for information on meeting times, locations, and rates. 2 meeting locations will be offered; one in the Upper End, and one in the Lower End.

Did you know?

Research shows that 3 ten minute bouts of exercise are just as effective for weight loss and overall health benefits as exercising for 30 minutes continuously. Taking 10 minutes for activities as simple as brisk walking provide a plethora of physical and psychological benefits. There is no time like the present!

Coming Soon!!  
Hawkins County  
Coordinated School  
Health Webpage.

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