



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

Wellness Newsletter

January: On The Road to a Healthier YOU !

CHECK OUT THE NEW CMC INTRANET—your workplace reference spot to assist you with information you need

Time for a Lifestyle Inventory

It's 'Tough Love' time!

Being out of shape is not what most of us aspire. Yet over 62% of Americans are either overweight or obese. We should be concerned about our weight for health reasons, and not vanity. Overweight and obese individuals are at greater risk of the following, to name a few: 1-Coronary Artery Disease, 2-Stroke, 3-Cancer, 4-Diabetes, 5-High Blood Pressure, 6-Gallbladder disease, 7-Osteoarthritis, 8-Cholesterol imbalance.

These conditions can be prevented in most cases. Poor dietary choices, lack of physical activity & sedentary lifestyles contribute equally to this epidemic of disease and obesity.



Take charge of your life before the disease process damages your body. **NO EXCUSES!**

A 'Lifestyle Inventory' is a key component to improving your health. It's important to assess both your diet/caloric intake *and* add physical activity to your daily routine.

To optimize your caloric expenditure, exercise at a moderate intensity for 30 minutes or more on most days of the week. Examples of aerobic activity are: brisk walking, swimming, cycling, roller blading, stair climbing, elliptical training, basketball. Strength training is also very important since we lose 10% of our muscle mass with each



decade. That adds up fast!

Have a back-up plan for "taking it indoors" when the weather gets too cold to be outside. Head to the gym, pool, or join an inter-mural league to keep you on the move.

Take a five day 'Diet Inventory' and be honest with yourself to see where you can improve. Plan smart snacks to ward off consumption of processed convenience foods. Fuel your body the right way. And if you're not sure where to start, seek the professional help of a nutritionist or your health care provider.

It's Go TIME !

(Ref: clevelandclinic.org; AHA.org)

Issue: January ~ 2015

What's Happening?



DODGE BALL RETURNS !

When: Jan 14th ~ 5 PM

Where: Lockwood Center

Team-up and BE THERE!

PRESSURE COOKING 101

When: January 13th @ 5 PM

Where: Rutgers Ext. Center.

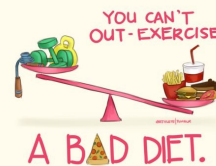
Pre-registration is requested

LIBRARY (main) T-25 BOOT CAMP M/F at 4:45 (there are a few date exceptions-check the wellness calendar)

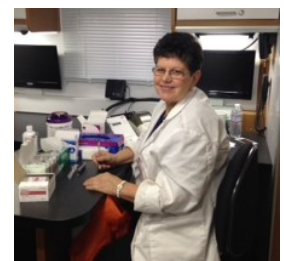
The Winter Wellness Contest **ORLANDO** starts February 1st. Call or visit the Wellness Center for more information . . .

GETTING STARTED . . .

- Look for opportunities to reduce sedentary time and to increase active time. For example, instead of watching TV, try taking a walk.
- Start with activities, locations, and times you enjoy. Some may prefer a morning walk, while others would rather an after work gym workout.
- Keep healthy food and snacks handy. Avoid sweet drinks.
- Start activity slowly and work your way up to a more physically challenging workout.
- If necessary, break up your daily activity goal into smaller amounts of time.
- People with chronic diseases, such as heart conditions, arthritis, diabetes, or high blood pressure, should talk with their doctor about what types and amounts of physical activity are appropriate.



HAPPY NEW YEAR!



"Go confidently in the direction of your dreams! Live the life you've imagined."
(Henry David Thoreau)

Visit the Wellness Website at:
www.CMCWellness.org

CMC has just been recognized by the **American Heart Association** again as a **FIT FRIENDLY WORKPLACE** for 2014 !