



In Top Form!

A healthy body and soul come from an unencumbered mind and body. ~Ymber Delecto

Making Resolutions a Reality

Whether you want to lose weight, quit smoking, get your finances in order or spend more time with your family, Dr. Phil has advice to help make your resolutions stick.

Set a very specific goal.

Do you want to work out 30 minutes a day four days a week? Resolving to "be happy," for example, is not specific enough. If you want to spend more time with your family, make an appointment every week to spend time together. For example, Sunday night can become "game night." Define exactly what you want in clear terms.

Set a goal that has a measurable outcome.

"Getting in shape" is not quantifiable. Without a goal that is measurable, how will you know when you've made progress or even reached it?

Assign a timeline.

"Someday" is not a day of the week. The difference between a dream and a goal is a timeframe for making it happen. A deadline can also help motivate you and prevent you from procrastinating.

Choose a goal you can control.

You don't control how much you weigh. You can influence it, and you can control the things upon which your weight is based, but you do not control the number on the scale. In identifying your goal, strive for what you can really create — not just what you fantasize about.

Program your life with a strategy.

Willpower is a myth. It's emotionally powered, and emotions are fickle. Wanting to do something — no matter how badly you want it — won't make it happen. You need a plan and you need to change something in your lifestyle.

Identify small steps.

Major life changes don't just happen; they happen one step at a time. Keep putting one foot in front of the other. Steady progress through well-chosen, realistic, interval steps produces results.

Create accountability.

Without accountability, people are apt to con themselves. If you know precisely what you want — and there are real consequences for not doing the assigned work — you are more likely to continue in your pursuit of your goal. Find someone in your circle of family or friends to whom you can be accountable..

Set your environment up to help you succeed.

If you're trying to quit smoking, for example, the one thing you need to control is your environment. Set your environment up so that it does not support your habit. Don't keep cigarettes in the house. Don't buy them at all, or you're programming yourself for failure.

Change your lifestyle.

If you're trying to get in shape or lose weight, for example, make sure you have a plan and start making a lifestyle change.

<http://drphil.com>

Congratulations to Julie Perkins

who teaches at Edmondson ES for having her TAKE 10 lesson plan accepted for publication with the program.

Walk Across Williamson



Information

The second annual Walk Across Williamson will be held on the 1st Sat. in Feb. Mar. and Apr. 09. Once again this year, in conjunction with W x W, the WCS's Coordinated School Health office will sponsor an Activity Contest for the Williamson County Schools. For more information about this fun, healthful event please visit

<http://www.wcs.edu/parentstudent/health/wxw.htm>



Full time employees receive FREE membership to the rec. center. Contact HR for more information.



January is Birth Defects Awareness Month



Folate is important in the prevention of birth defects and heart disease.

Are you consuming enough? Folate is a B vitamin found in dark green leafy vegetables, dried beans and certain fruits such as oranges and strawberries. Meeting the daily requirement of 400 micrograms per day can be easy if you make sure to consume at least 2 cups of fruit and 2-1/2 cups of vegetables every day.

Most cereals, pasta, breads and grain products are now fortified with folic acid, another form of folate. For a folate-filled meal, have pasta with asparagus or mix beans with rice. Also, include a variety of fruits in your eating plan. The benefits of folate are worth every bite.

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