



HEALTHY YOU

December 2007

UK Health & Wellness Program
116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness • (859) 257-WELL (9355)

Ask the Expert: Making a New Year's Resolution Stick



Q I'd like to lose weight and get in shape in 2008. How do I ensure that this New Year's Resolution won't fall by the wayside?

A Great question! To help you make healthful lifestyles changes that you can stick with, consider this advice:

- New Year's resolutions can be a great motivation for change, but don't limit yourself to making changes at only a certain time of year. Think about losing weight and improving your health as ongoing and lifelong endeavors, not dictated by the calendar.

- Set realistic goals. Decide on long-term goals you would like to achieve within the next three to six months. Next, develop short-term goals to serve as stepping stones to your long term goals. Make your goals S.M.A.R.T.: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime-bound. Treat yourself to non-food rewards when you reach your goals.
- Try not to make too many changes at once. This can set you up for failure and discourage future efforts. Prioritize your goals and decide what is most important to tackle first. For example, if you want to quit smoking, lose weight, and start exercising, you might consider quitting smoking first and then move on to the other goals.
- Share your goals with people who will be supportive. This can boost your motivation and commitment to change. You will also get some much needed encouragement and maybe even inspire some people to make changes with you!
- Make your changes a priority and identify barriers. Ask yourself how to minimize obstacles and accept that you will probably have to make some changes to accommodate your new habits. This might include changes to your schedule or a shift in family and social obligations.
- One of the best ways to ensure success is to give yourself permission to make mistakes and to be forgiving of yourself when you have setbacks. You must be determined to move forward and not dwell on the past. Tomorrow is a new day!
- Join UK Health & Wellness programs to enhance your efforts, such as Weight Loss Matters and Body Shop Fitness. These programs are offered at low cost and connect you with health experts and others who are trying to reach the same goals! Visit www.uky.edu/HR/Wellness for more information. — Karen Bryla McNeese, Ed.D., R.D.



Have a fitness or nutrition question? Ask our experts! We'll feature selected questions and answers in the newsletter. E-mail us at healthandwellness@email.uky.edu.

KNOWLEDGE + ACTION = WELLNESS



HEALTHY YOU

Coming soon:

- **Dec. 19, Biggest BLUE Loser Registration**

Biggest BLUE Loser is a 10-week weight loss competition for UK employees, retirees, spouses, and sponsored dependents. How much will you lose? There's only one way to find out. Register by December 19!

www.uky.edu/HR/wellness/BiggestBlueLoser.html

- **Jan. 16, Wellness on Wheels**

WOW is a free mobile health screening provided by the UK Health & Wellness Program. The next WOW is Jan. 16, from 8:00 a.m. to noon, at the KY Clinic South. Call 257-9355 for more information.

www.uky.edu/HR/wellness/healthscreening.html

- **Jan. 16, Walking Wednesdays**

Why walk alone when you can walk in a group! The UK Health & Wellness Program and UK VIP Center offer a simple way for UK faculty and staff to meet and network, while supporting health and wellness. Plus, we give you a punch card and punch it each time you walk with us -- for every five walks, you get a prize! Meet fellow walkers at the corner of Rose and Washington every Wednesday at 12:10. Walking Wednesdays, formerly known as Walking Women Wednesdays, is now open to ALL faculty and staff. It runs through March 19.

www.uky.edu/HR/wellness/Walking.html

- **Feb. 9, 5K Run/Walk**

The run/walk starts at 9:30 a.m., at Coldstream Park (Newtown Pike/I-75, Embassy Suites Parking Lot). Entry fee is \$15. The first 200 entrants will receive a free pair of winter running gloves.

www.uky.edu/HR/wellness/5k.html

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UNIVERSITY
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Health & Wellness Program

The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.