



# HEALTHY YOU

November 2008

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

## Ask the Expert: Staying motivated in winter months



**Q** Now that winter is approaching, I'm feeling less motivated to work out. What tips can you give me to stay motivated even though the bathing suit has been put away?

**A** Staying motivated for physical activity during the chilly winter months can be more challenging than during warmer temperatures. But staying motivated may be even more important when you consider the many opportunities for overindulgence! Here are a few ideas:

**Add variety.** This is the time to break out of your routine. During the spring and summer months we can be so busy with yard work, kids' sports, and other chores that we don't have the time to try different ac-

tivities. Think of things you can do both indoors and outdoors. This way if the weather takes a turn for the worse, you have a back-up plan. Walking or jogging in cooler temperatures can be invigorating. It's just a matter of getting yourself out the door. Alternatively, check out the many classes and activities offered through the UK Health & Wellness Program or walk at the mall. Look for DVDs you like that you can follow at home; try swimming or water aerobics at one of the YMCAs in the area.

**Wear the right clothes.** Cotton is not a good choice when it comes to cold weather gear. Instead invest in materials that will absorb perspiration so that you don't get chilled when you are exercising outdoors. It's amazing how warm and comfortable you can be exercising outdoors, even when it's cold out there.

**Find a partner.** You've heard this one many times but there is nothing like a motivated exercise buddy to keep you going. It makes the time go by fast too.

**Increase your activities of daily living.** Look for ways to add to your regular activities. We tend to look for the easiest way to get things done but try flipping that approach. Take the stairs at every opportunity, carry heavy grocery bags, walk to communicate in the office rather than always relying on e-mail, take stretch breaks. The key idea is to incorporate as much movement into your life as possible on a daily basis.

**Plan for a spring event.** Set a goal to participate in a 5K (3.1 miles) or 10K (6.2 miles) walk/run in the spring and train for that. Find a partner who will train with you. These events are great fun and you will feel a real sense of accomplishment.

The extended gray winter we experience here in central Kentucky can lead to a serious case of the winter doldrums. Physical activity is the best remedy for those winter blues so commit to keeping up the good exercise habits you developed when the days were warmer. Before you know it, the warm days will return and you will be in better shape than ever! — **Kim H. Miller, Ph.D., CHES; Associate Professor of Health Promotion, Department of Kinesiology and Health Promotion**



# HEALTHY YOU

## Join Body Shop Fitness for only \$7 per month via convenient payroll deduction



### *What is Body Shop Fitness?*

Through Body Shop Fitness, UK Health & Wellness provides a range of fitness options at very attractive rates for employees, retirees, spouses and sponsored dependents. Body Shop Fitness membership includes access to two fitness facilities (Alumni Gym and Seaton Center), Group Fitness Classes, one-on-one exercise consultations, and training information.

### *Who can join?*

All UK employees, retirees, spouses and sponsored dependents are eligible for Body Shop Fitness. You can join any facility or group exercise class at any time.

### *How much does it cost?*

The fee for Body Shop Fitness will be deducted from your UK employee paycheck at the rate of only \$7 per month or \$3.50 per biweekly period and includes all Group Fitness Classes as well as one-on-one exercise consultations to help you get started with an exercise program or enhance your current program. (Retirees and retiree spouses pay by check or cash.)

### *How do I sign up?*

For more information or to print the payroll deduction form, please visit the Body Shop Web site at [www.uky.edu/HR/wellness/bodyshop.html](http://www.uky.edu/HR/wellness/bodyshop.html).

## Fall Health & Wellness Events

### **Chair massage**

Having one of those days? You deserve a chair massage! The cost is only \$5 for 10 minutes or \$10 for 20 minutes. The next chair massage is Dec. 3, from 9 a.m. to 1 p.m., in Room 203 CRMS (Robotics) Building. Reservations are required. For more information, call 257-9355.

### **Final Fall Lunch & Learn**

Please join us for the last Lunch & Learn of the season “Holidays on a Budget.” Learn to reduce your stress and stick to your budget during the holidays. The session is free and light refreshments will be provided, but feel free to bring your lunch. Join us Nov. 12, from 12:10-12:50 p.m., in the Lexmark Room, Main Building. To register, visit the Web site at [www.uky.edu/HR/wellness/lunchandlearn.html](http://www.uky.edu/HR/wellness/lunchandlearn.html).



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.

KNOWLEDGE + ACTION = WELLNESS