



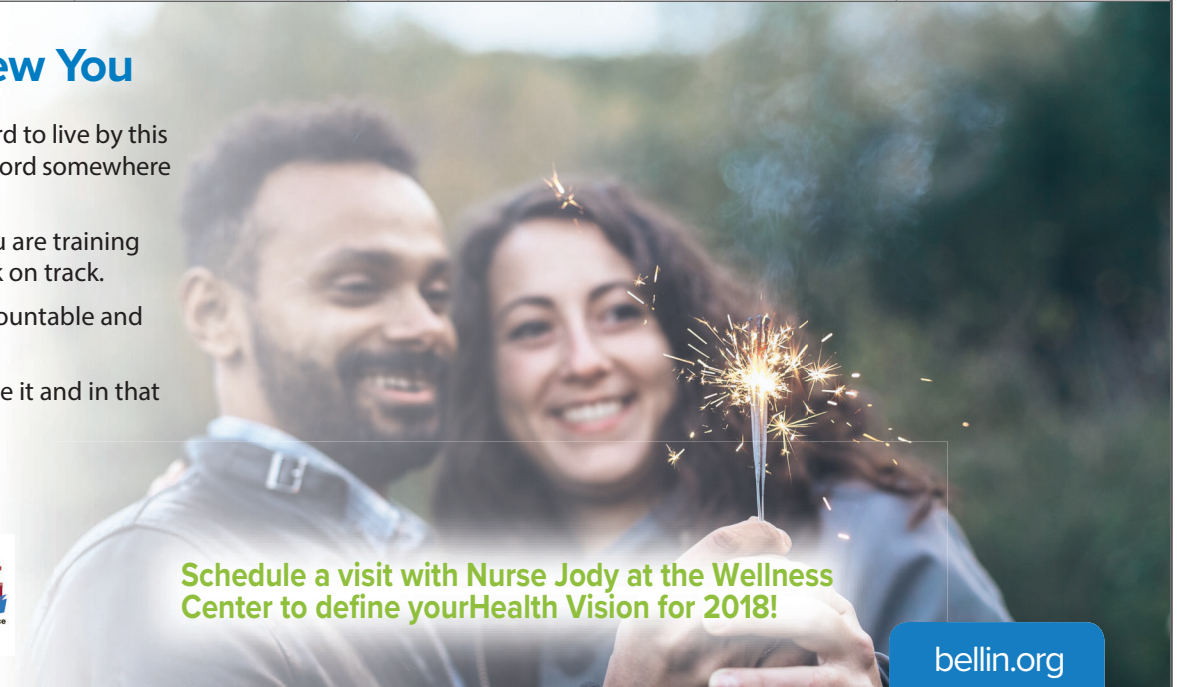
RING IN THE NEW YEAR WITH POSITIVITY FOR A NEW YOU

DECEMBER
JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30</p> <p>STAY POSITIVE! Everyone makes mistakes, so there will be times when even the most disciplined person has negative thoughts. Just get back on track. Go here for tips http://bit.ly/2ztw7Sc</p>	<p>31</p> <p>Rest days are just as important as workout and let your body recoup. Enjoy time with family and friends.</p> <p>Now is a great time to reenergize with Massage by Carla</p>	<p>1</p> <p>Put your goals or one word into action. Happy 2018! Remember final weigh-in is next week.</p> <p>Yoga 8:30AM</p> 	<p>2</p> <p>Add a touch of spice instead of salt to flavor your meals. Try garlic, ginger, basil or lemon pepper.</p> <p>Yoga 6:00PM</p> 	<p>3 & 4</p> <p>Strap on your tracking device and see if you can log 15,000 steps in these two days.</p> <p>Pain & Injury Consultations, 12-2pm ACWC</p> <p>Walk the disc golf trails at Peterson Park or give your legs a good workout and run up the big slide hill after you sled down</p> <p>Mystery Book Club 5PM, Algoma Library</p>	<p>5</p> <p>Kick off your week right after the holiday with your hardest workout of the week. Really push yourself! Here's a post-holiday workout: www.nourishmovelove.com</p>	

Week 5 Survival Tip: New Year, New You

- Worried about planning a bunch of goals? Pick just One Word to live by this next year. Choose a word that speaks to you and post that word somewhere will you will see it everyday.
- Roadblocks do not mean failure. Slip-ups happen when you are training yourself to form new habits. When it happens, just get back on track.
- Find someone to participate with you. Hold each other accountable and celebrate your accomplishments as a team.
- Incorporate positive selftalk. If you say it, you start to believe it and in that belief you will take action!



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Schedule a visit with Nurse Jody at the Wellness Center to define your Health Vision for 2018!

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