




JANUARY 2018

KEEP YOUR HOLIDAYS HAPPY TIPS TO FOCUS ON WELLNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6</p> <p>Sweat more. Some research shows that adding just 10 more minutes of exercise to your usual workout can fend off weight gain.</p>	<p>7</p> <p>De-stress! Make stress relief a priority by stretching, deep breathing, and exercising regularly. When things get hectic, take a step back and refocus on what matters most. Try this: www.greatist.com/happiness/breathing</p>	<p>8</p> <p>Embrace the season. Instead of avoiding the cold and the snow, try a winter sport like ice skating, snow shoeing, sledding, etc. For some ideas in Green Bay, go to www.co.brown.wi.us/departments/</p>	<p>9</p> <p>Try healthier recipes. When those left over treats are in the house, more of the dessert usually ends up in your belly So keep some low calorie recipes and foods on hand.</p> <p>Yoga 6:00PM </p>	<p>10</p> <p>Find non-food Rewards. Rewards are not bad but choosing food based items can stall your progress. Manicure, movie or new item of clothing in order?</p> <p>Tina Marie's Boutique has lots of MADE IN THE USA clothes and accessories</p>	<p>11</p> <p>Weigh-Outs Start! You made it! Please head to your original weigh-in station to log your final weight.</p> <p>Pickleball 7am-Noon, ACWC</p> <p>Chair Aerobics 9:00AM, ACWC</p> <p>Joyous Joints, 11:15AM, ACWC</p>	<p>12</p>

Week 6 Survival Tip: Beyond Freeze the Gain

- Remember: Your desire to maintain your weight must be for yourself.
- Chew your food slowly. If you rush through eating your body might not recognize it's full until after the damage has been done. If you eat slowly, you'll create satiety, or the feeling of fullness in the brain.
- After your meal, get up and move around. Movement is the best thing you can do in order to use the food as a fuel source rather than fat storage.
- Have family in town and feel like you can't make time to exercise? Try some new activities together like joining an exercise class.



Find classes and more information at the **Algoma Community Wellness Center**

bellin.org