

January 2018

CugWell Connection



Upcoming Events

FPL (Fitness Performance Life)

January 22-March 30

(Registration ends January 12)

On-site 10-n-10 Club

Weigh Ins: January 22-January 24

Live Healthy America Challenge

January 29-April 8, 2018

Red Cross Blood Drive

Public Works—Wednesday, January 31



EMPLOYEE Spotlight



Before

Glenn Crumpler—GUC



After

- 1) When did you begin your Wellness Journey? It started Memorial Day weekend this past summer. I saw a picture of myself on the beach and almost didn't recognize who it was. Near the same time my daughter who is training at EC Cats had conditioning a few nights a week. I would go and watch her and her team for a couple of hours at night. Watching their intense training motivated me to become healthier. I also had a good friend and coworker, Alan Cummins to get me motivated to go to the Aquatics Center and workout.
- 2) Has your COG/GUC Wellness Program impacted your Wellness journey? If so, how? I completed the 10-n-10 Club weight loss program near the beginning. It was a great motivator those first couple of months. Once I completed the program and could see results I wanted to keep going.
- 3) What benefits have you gained since beginning your journey? I have lost 66 pounds and feel great! I've gotten a health assessment and all my numbers are perfect.
- 4) Have you found any new activities that you enjoy and are beneficial for your health? I really enjoy walking and hiking. When my daughter is at EC Cats, I'll walk the track at Boyd Lee Park. And I really look forward going to the gym each day.
- 5) What is the biggest obstacle you have faced on this journey? I really can't think of any one big obstacle that I faced once I decided to become healthier. It is a lifestyle change and once you've reached a certain point you want to turn it around. I reached that point and when I made my mind up I just went with it. I truly believe that if you want it, you can achieve anything!

A **New Year's resolution** is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person resolves to change an undesired trait or behavior, to accomplish a personal goal or otherwise improve their life.



HOW TO ROCK

Your New Year Resolutions

According to a study from the Statistic Brain Research Institute, roughly [42% of Americans made New Year's resolutions](#) for 2017.

The most common resolution -- made by almost a quarter of every person making one -- involves increasing fitness and activity.

As people look down at their waistlines after the holiday season, there is a strong desire to get active. The study found that of those who made resolutions, 37% of people in their 20s and 16% of those over 50 were successful, meaning they met their objectives. Fewer than half of all New Year's resolutions were successful six months out.

But you can be one of the success stories. The following strategies will help you maintain your fitness goals.

Make it social

Humans are social animals. The more we interact with others, the more likely we are to modify behavior.

Social interaction has been shown to [make people more likely to work out](#). Join a group, such as signing up for a fitness class, joining a local running or walking club, or even hiring a personal trainer.

Pre-pay for sessions when possible. Having financial "skin in the game" combined with a commitment to another person means you're much more likely to stick with your program.

Newer evidence suggests that if you can't make it to a group in person, having a [virtual fitness community can increase exercise compliance](#). Tracking platforms allow people to create social communities and inspire them to work out more.

Commit to a date-specific goal

Goals don't need to be lofty to be effective. But it's useful to sign up for an event: a 5K walk, a 10K race, a marathon, a triathlon or even a ballroom dance competition.

When you set a goal, preferably one just slightly outside your comfort zone, you're much more likely to stick with your fitness program. Pick your goal, register for the event and put it on your calendar so you know where you're headed.

Keep smiling

Fun increases helps people stick with a workout program. A small study published in Germany showed that when people were having fun, they were much [more likely to stick with their exercise](#) regimen.

Recognize aches and pains

If working out doesn't make you slightly uncomfortable, you're probably not doing it hard enough. Effective exercise is all about pushing your limits.

But when the aches and pains of starting a new fitness regimen pop up, it's important to pay attention.

If pain changes the way you move, get it checked out. If the ache in your shoulder changes the way you swim, if the ache in your knee changes the way you walk, if the ache in your back changes the way you swing your golf club, go to the doctor.

When an ache or pain persists for more than a few days, causes swelling in a joint or limits how you're moving, get it checked out so you can make a plan that allows you to stick with your fitness program while fixing the problem.

Most of all, just keep moving

The final and most important key to making your New Year's resolution work in 2018 is 100% mental.

Those persons who keep moving and striving to meet their goals are winners.

What keeps these people pushing ahead? Determination. It doesn't matter if you're first, last or anywhere in between.

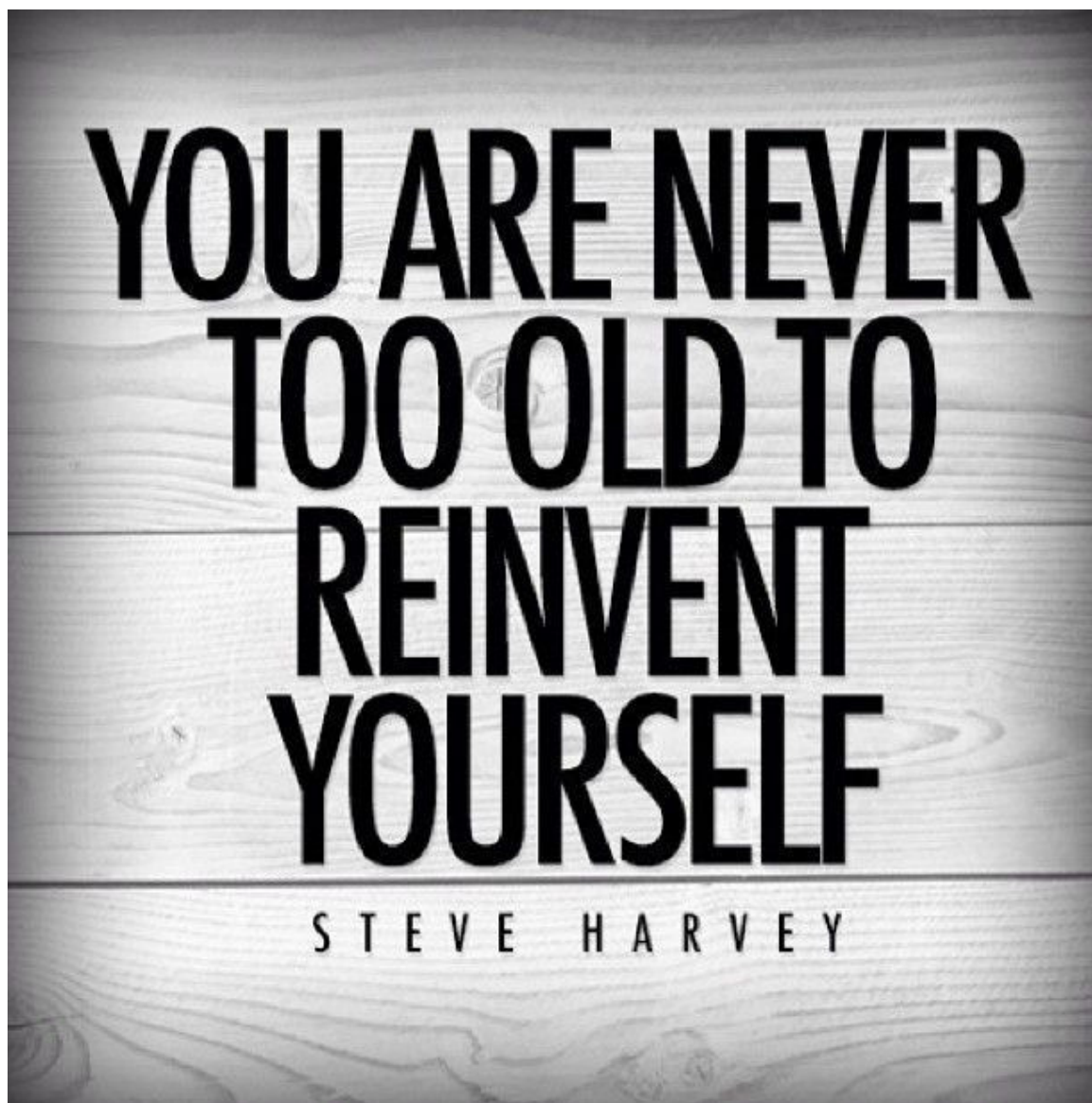
Keep moving, day after day, step after step.



Your success
and happiness
lies in you.
Resolve to keep
happy, and
your joy and
you shall form
an invincible
host against
difficulties.
Helen Keller

Character is the
ability to carry
out a good
resolution long
after the
excitement of
the moment
has passed.
Cavett Robert

Be at war with
your vices, at
peace with
your neighbors
and let every
New Year find
you a better
person. Year's
end is neither
an end nor a
beginning but a
going on with
all the wisdom
that experience
can instill in us.



FitBit Drawing Winners

Employees completing their flu vaccinations at their COG or GUC clinic location were able to register for the drawing of a FitBit Charge 2. Congratulations to the employees whose names were drawn. Those flu vaccinations really did pay off!



Pamela Barnes, Customer Relations @ GUC is presented her FitBit Charge 2 from GUC Customer Relations Wellness Champion, LeAnne Wetherington,



Cecilia Cutler, Human Resources @ COG was presented her FitBit Charge 2 from COG CMO Wellness Champion, Margot Clark

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