January 2014 Wellness Newsletter

Welcome Back Everyone,

I hope you had a great break. As we start the New Year, many of us will be setting resolutions for the year ahead. Setting goals is a key way to better ourselves and improve our lives. It is also important to set realistic expectations so that we can actually achieve success. Keep these tips from Health magazine in mind as you set your goals:

- **Change one thing at a time**: Taking on too much at once can overwhelm, leaving you unfocused and unmotivated.

- **Make a plan and set mini-goals**: Create a plan of attack. Use a calendar to set dates and mini goals to keep you on track and avoid setbacks.

- **Know yourself**: Set goals that challenge you, but also makes sense for you. Know your strengths and weaknesses, and shape a realistic resolution with those in mind.

- **Recommit to your goals each day**: Constantly remind yourself of your goals and keep them on your mind throughout the day so that you can work towards achieving them.

It is always okay to revisit your goals, and tweak or change them along the way. If what you’ve set isn’t working for you, then perhaps you need to take even smaller steps to help
you achieve those goals. If we can help you with goal setting, or other aspects of your wellness plan, please let us know.

Yours in Health,
Karen

What better way to start the year...

10th Annual Dean’s Challenge for Fitness and Wellness!

January 27 – February 28, 2014

This five-week program, co-sponsored by Wellness Promotion and the Sport & Fitness Center, is designed to assist you in developing healthy behaviors to incorporate into your busy lifestyle. The program will challenge you, no matter what your fitness level!

Exercise and attend a variety of programs to receive points. Prizes will be awarded to those who finish the program, and a grand prize ($300 gift card from City Sports) to our top scorer. Additional prizes, including a second $300 gift card, will be raffled off to those who finish the five-week program.

Pre-register for the Dean’s Challenge on Jan. 22, from 3:00-5:00 pm in the chapel area or Sport & Fitness lobby, or register in Wellness Promotion and at the front desk of the Sport & Fitness Center any time after the 22nd. The program will kick-off January 27, but don’t wait, get an early start on your fitness goals.
Seasonal Affective Disorder

Seasonal affective disorder (SAD) occurs this time of year with symptoms usually appearing in the fall and continuing into the winter months. Symptoms can include anxiety, loss of energy, social withdrawal, depression, oversleeping, and change in appetite.

SAD is caused by a drop in Vitamin D levels, probably due to less exposure to sunlight, as well as changes in circadian rhythms, serotonin and melatonin levels. (Per Dr. Andrew Weil, Vitamin D is also a key co-factor in regulating inflammation throughout the body.) Plan to get out into the winter sun. Studies have found that just twenty minutes in the winter sunlight can make a difference. Light therapy (phototherapy) has also been known to make a difference. A light therapy box mimics natural light, helping to balance the serotonin and melatonin levels. Exercise and a proper diet can help with many of the symptoms.

RAD Basic Defense for Women

This nine-hour course in self-defense is designed to develop and enhance a woman’s options through risk reduction and hands-on techniques against various types of assault. Our upcoming classes are:

January 24, 31 and Feb. 7 (must attend all) 1:00-4:00 pm
March 28, April 4 and 11 (must attend all) 1:00 pm-4:00 pm.

For more information or to register, contact Karen at piercekl@law.georgetown.edu.
Have you noticed that portion sizes have gotten larger over the past few years, whether in a restaurant, grocery store or at the movies? Studies have shown that people inadvertently consume more calories when faced with larger portion sizes. Consuming an extra 100 calories daily for one year can lead to a weight gain of 10 pounds! Take control of the amount of food that ends up on your plate. Below are some guidelines to portion sizes.

- One portion size is equal to:
  - *1 cup cereal (size of a baseball)
  - *3 ounces lean meat (size of a deck of cards)
  - *1/2 cup of cooked pasta (size of a computer mouse)
  - *1 1/2 ounces of cheese (size of 4 dice)
  - *1 teaspoon butter (size of 1 die)

Join us in the chapel area on January 27 from 3:00-5:30 pm, to learn about healthy food choices and portion sizes.

**Thought for the day…**

Cheers to a new year and another chance for us to get it right.

~Oprah Winfrey