

Health and Wellness Seminar



January 2014

Physical Fitness

Thursday, January 23, 2014

2:30 p.m. – 3:30 p.m.

Council Chambers

Speaker: John Sanchez
Owner and Trainer
Crossfit

The Human Resources Department, in conjunction with Mission Regional Medical Center, will be hosting health and wellness seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves.

Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing npena@missiontexas.us.



Staying Motivated with Your Fitness Routine

Exercise routine leaving you inspired—or just downright tired? You're not alone. Many people have good intentions about exercising but stop when it gets boring or doesn't show quick results.

Here are some tips to help you “get up and go” for the long-term:

- Set simple, realistic goals and then progress to longer-range goals.
- Start slowly to help avoid pain and injury that could interfere with your fitness program.
- Choose an activity that fits your lifestyle.
- Add a variety of physical activities to your routine to help prevent boredom.
- Make exercise fun so that you're more likely to stick with your program.
- Fit exercise into your daily routine, such as walking at lunch time or taking the stairs instead of the elevator.
- Weigh the pros and cons of continuing your program with the risks of dropping out.

- Get support by exercising with a friend, family member or co-worker.
- Assess your fitness level at regular intervals to help work toward your goals and track your progress.
- Reward yourself both internally by acknowledging feelings of accomplishment, and externally with something new like a pair of walking shoes or a new compact disc.
- Be flexible and adapt your exercises to fit your schedule.



Log on to Blue Access® for Members at www.bcbstx.com for more ways to put the thrill back into your fitness program.

Source: *The Mayo Foundation for Medical Education and Research*

Please register with Human Resources no later than Wednesday, 1/22/2014



Our mission is to promote Health awareness and to Encourage healthy lifestyles.