Employee Spotlight

LIFT Wellness Center's Culture:
Customer centered and clinically integrated approach to health and wellness services.

Realistic Resolutions

How many times have you set a goal to finally lose the weight, get stronger, reduce your blood pressure, get more sleep, and save more money? How many times have you started out strong in January, and by March, found yourself unmotivated and back to your old habits? Well, you are not alone. Only 8% of people who make New Year’s Resolutions keep them. How can you be a part of this elite group of seemingly uber-dedicated, highly-motivated, super-human individuals? It’s not about will power or having more time. It is about setting small goals that are attainable, realistic and working at them daily. Here are some considerations!

1. Pick the most important thing that you would like to improve. If it is losing weight, then set that as your goal.

2. Write it down. Write down how much you weigh now and how much you want to weigh this time next year. You have to know where you are starting in order to know where you want to go. You can simply weigh at home or you can get an InBody assessment for a more in depth body composition assessment.
3. Formulate a plan. How will you get there? This is the time to take advantage of everything that we have to offer at LIFT. You might choose to join LIFT Weight Management, utilize the services of a personal trainer, take group fitness classes, participate in small group training sessions, consult the dietitian, or train for a 5K. You might choose to use all of these resources!

4. Get an accountability partner. Whether it is your personal trainer, your health coach, a support group, your best friend, or a family member. Have someone who will encourage you and support your efforts.

5. Measure and reassess along the way. Track your exercise sessions and your nutrition. You can use an app, pen and paper, MyZone, or a combination. Weigh once per week. Get an InBody Assessment once a month. Don’t forget to track your sleep. Eating nutritious foods and moving more is only part of the equation. You have to recover. Adequate sleep is absolutely necessary!

6. Reward yourself along the way as you make progress with new workout attire, a movie, or a massage. Celebrate the small achievements. If you lose a pound, reward yourself. You worked hard for it! If you slip a little, forgive yourself and get back on track. It will happen. You just have to move forward.

7. Most important, enjoy the process! Make those things that have helped you achieve your goals lifelong habits. Remember that the New Year is the time to reflect on the past year and the behaviors that created the daily habits that either improve your health or worsen your health. This is the time to make the promise to yourself to start making those positive lifestyle changes that are going to help you become healthier and happier. Remember that change comes by working toward it, one step at a time. By making your resolutions realistic, there is a greater chance that you will still be going strong throughout the year and incorporating healthier behaviors into your everyday life. Best to you and know that every team member at LIFT is here to support you in 2018!

Miki Martin, Director
LIFT Wellness Center/ LIFT Weight Management
you exercise, if you ask. She’s a team player and works in the LIFT Therapy Clinic also.

We are thankful for all Dylan, Dustin & Kendall do for the Members of LIFT Wellness Center!

Join us for Coffee & Socialize with Members & Staff! We’ve now added some board games and cards! Come challenge the members & staff! Free & Open to Members!

January 30th
7am-10am

Member Spotlight

Emily Curtis

“Early in 2017, I made a two year commitment to improve my health through diet, exercise and an overall healthy lifestyle. Believing that it would be great tool, I joined the Exercise is Medicine program in April of 2017 and became a member of LIFT once I completed the program. Working out at LIFT has given me such a boost in my efforts. There have been times over the past year that my daily visit to LIFT has been the encouragement I needed to continue my two year commitment. There are many LIFT staff and members who have encouraged me along the way. I have lost a significant amount of weight in the past year and feel better than I have felt in a very long time.”

We are so thrilled Emily took the step to make her health a priority! Congratulations Emily on your continued success!
What is the InBody Machine & what do you gain by stepping on it?

Check out this Video!

New Food, New Me
Looking for a New Year’s resolution that can be good for you and fun? Challenge yourself to try new foods! Regardless of how old you are, it is possible to discover new foods or discover a new liking for a food you thought you didn't enjoy.

Mix it up.
Foods often take on very different flavors depending on how they were prepared. This is especially true for vegetables, which most of us should be resolving to eat more of. Raw spinach in a salad has a very different flavor than sautéed spinach. Texture can also change with preparation and can be a big factor in whether or not we like a food. Flavor combinations will also impact whether or not we like a given food.

Give different herbs, spices, and sauces a try on any food you are trying.

Try, try, and try again.
You have probably heard the idea of exposing children to food multiple times before deciding they do or don't like it. This same approach may work with adults as well. Don't give up on a food the first time you try it. Simply becoming more familiar with a food may increase the chances that you will like it. It is also important to remember that factors beyond flavor
can impact your reaction to food - the setting, the way food is presented,
and even who you are with could influence your preferences.

Make it social.
Achieving a goal is often more fun and attainable if you do it with friends.
Challenge yourselves to try at least a certain number of new foods each
month.

(I can personally attest to this. Thanks to Trevor Jones’ preparation of
Portobello mushrooms at a food demo during 2017, they are a new favorite
that I thought had lost all hope of being incorporated into my diet - and a
good balance of carbohydrates and protein while being low in fat and
calories with plenty of vitamins and minerals!)

Best Wishes for a Successful and Healthy New Year,

Abby Mays RD, LDN

January is Healthy Resolutions Month

It’s a new year, and that means it’s time for a new you!
Most people make their midnight toast on New Year’s
Eve with a resolution in mind. For some people it’s
about better household budgeting, for others it’s
quitting smoking, and for even more, it’s losing the
weight they may have put on during the holidays.
Everyone faces their own personal challenges, and
January is the perfect time to set yourself up for a year
of overcoming them.

Some people’s challenges are more daunting than
others, and it’s disappointing when we abandon our
resolutions after only a few weeks. No matter what you
have resolved to do this year, it is always best to
attack it with a well-structured and well-thought-out
plan made up of a series of smaller achievable goals.

"The journey of a thousand miles begins with one
step." - Lao Tzu

Any problem can look insurmountable as a whole, but
when broken down into small and manageable steps,
you are much more likely to be successful and feel a
sense of encouragement and accomplishment as you
progress.
If you have resolved to get healthier or lose some weight this year, be sure to ask about our program options.

It's a great time to Join LIFT Weight Management. Call us today at 731.425.6820!

A New Year, A New YOU! Make this the year you lose weight and keep it off!

NEW Medically Supervised Weight Loss Program

FREE Information Session 731.425.6820

NO LIFT Membership Required

LIFT Weight Management

Happy 5th Birthday

Please join us January 26th to celebrate LIFT's 5th Birthday!

Commitment Day 5k
The weather was freezing cold, but 70 runners/walkers showed up to participate in the 4th Annual Commitment Day 5k! Every year we look forward to hosting this event because it gives everyone an opportunity to take the first step on their fitness journey in the new year! This event benefits RIFA! Thanks to all of the participants and volunteers!

Race results

Group Exercise
Email Jordan if you have any questions
Jordan.Dyer@wth.org
December Update

During the month of December LIFT family provided 10 books to children in need. Thank you for having a giving heart this holiday season!

This January, every 10 check-ins at LIFT Wellness Center will help provide a winter coat to someone in need. We're working with Causely and Soles4Souls to make it happen. You can add #keepwarm when you check in to promote the cause. For more information about this month's charity, check out www.soles4souls.org

P.S. If you haven't heard of Sweat Angels, here's how it works... Sweat Angels makes a donation to a great cause every time our members check-in on Facebook. Thousands of gyms use Sweat Angels, and that's why they're able to make such a large impact each month. If you need some help checking in on Facebook, just stop by the front desk and we'll show you how!

Aquatics

Learn How to Save a LIFE

CPR & AED

January 18th

10 AM - 2 PM

Email Crystal.Harris@wth.org for more information or to register
CLOSINGS

- The hot tub will be closed for maintenance every Tuesday @ 8:30pm for back-washing and cleaning.
- The men's steam room will be closed from 2pm-2:30pm for daily cleaning.
- The women's steam room will be closed from 2:30-3:00pm daily for cleaning.
- The basketball gym will be closed Saturday January 6th 1:00pm-3:00pm for a birthday party rental.
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