

# BE HEALTHY

LCIC Health and Wellness Newsletter

January 2020



*Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.*  
**-Pablo Picasso**

## STOP THE RESOLUTIONS!!!

Please stop the madness! Every year millions of people make their “new year’s resolutions!” Several years ago, I stopped my own madness. We all know the favorites: lose weight, eat better, exercise, or whatever you felt you needed to do. Seriously go to the gym in January, you cannot find a machine, but wait until February and you can have your pick of any piece of equipment. Everyone makes these “resolutions” with very good intentions. But in reality, that’s exactly what they are intentions.

As a health coach, I teach clients to actually set a goal. What is truly important to you. You want to lose weight-great, but WHY? And HOW? That is where the intentions, resolutions, or whatever you want to call them fall short. You know what you want to do, but not HOW to do it. I dig deeper with clients on why the goal they want to achieve is important. How high on the priority list is it to complete the “actions” necessary to achieve those goals. You cannot be successful without all the other work behind the goal. In this newsletter, we have some specific things to help you actually set a goal, give it a priority and develop the how behind it. If you want to make some healthy changes for the year 2020, start small with only one or two goals. If you want help developing that goal, look for my upcoming Goal Setting classes. They will help you to determine your own goals and how to achieve them. Goals are important and they need to be high in personal value in order for achievement to occur.

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## News and Notes for BeHIP:

We are well underway in our Wellness year which doesn't end until July 31, 2020. So if you haven't started yet, it is not too late. Over the last 3 years we have given over \$850,000 back to employees.

We have make up health screenings coming up soon. Below are dates and links to sign up:

### **Saturday, Jan 11th 8:30-9:30, Jersey Shore YMCA**

<https://docs.google.com/spreadsheets/d/1ObQFrq0UxnTYLSB8S6nxCQ0MqtcJiFTOr01hIN9IBII/edit?usp=sharing>

### **Saturday, Jan. 25th 8:30-9:30, Williamsport YMCA**

[https://docs.google.com/spreadsheets/d/1xLolMaRg6pVfdU0pVekIryPmVbKzpltHfYO10x-h\\_xs/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1xLolMaRg6pVfdU0pVekIryPmVbKzpltHfYO10x-h_xs/edit?usp=sharing)

### **Saturday, Feb. 1st, 8:30-9:30, Muncy Hospital**

<https://docs.google.com/spreadsheets/d/1JjnbXsNr9pUyRPEO6e2eRPn2t4nlwGnYCCYSyjK9vtc/edit?usp=sharing>

### **Saturday, Feb 22nd, 8:30-9:30, BLaST IU 17**

<https://docs.google.com/spreadsheets/d/1xEQK2-gZb6XBUMHe1Yj2wFag37mEUKDD91ghPMHxXCA/edit?usp=sharing>

# LCIC Health Courses

For more information on the wellness programs, LCIC Health courses go to [health.iu17.org](http://health.iu17.org)

We will have the links up soon for the LCIC Health courses for registration, but wanted to have the dates up, so you know of the upcoming courses:

1. Meal Planning and Prep
2. Mindfulness Training
3. Gut Health with Dr. Solley

## **Meal Planning & Prep**

Having a plan and preparing meals in advance can be a helpful healthy eating strategy. In this class, you will learn how to identify your personal goals, make a schedule and create a food shopping list. You will gain tools for being efficient in the kitchen and take away simple tips for getting into a healthy routine.

Where: **Hughesville High School**

When: **Thursday, January 16<sup>th</sup>**

Time **6-7:15pm**

To register click here: <https://www.elnr.org/Register.aspx?ScheduleID=4413>

## **Mindfulness Training (There are 2 classes listed, you only need to attend one.)**

“Finding it difficult to manage stress and worry? Do you want to begin to learn how to increase joy and contentment? Join Dr. Lindsay Sauers, clinical psychologist for a brief mindfulness class to begin your journey to a different level of wellness. This hour-long class will introduce the core principles and benefits of mindfulness, while also providing attendees with a short, experiential primer of formal and informal mindfulness practices.”

Where: **Penn College Professional development center,**

When: **Wednesday, 2/5/20**

Time: **6-7:15pm**

To register click here: <https://www.elnr.org/Register.aspx?ScheduleID=4416>

Where: **TBA (most likely Jersey Shore School District)**

When: **Tuesday, March 3rd**

When: **6-7:15pm**

## **Gut Health with Dr. Solley**

In this short presentation, Dr. Solley will explain how unhealthy lifestyle habits lead to an altered gut lining and how this leads to problems such as bloating, acne, rashes, joint pain, brain fog, poor sleep, and the list goes on. See how stress affects these gut microbes, and understand the importance of “dirty living”. At the end of the talk, you will walk away with a three-step process for restoring your healthy through a healthy microbiome.

Where: **Montoursville HS Library**

When: **Tuesday, February 11th**

Time: **6-7:15pm**

To register click here: <https://www.elnr.org/Register.aspx?ScheduleID=4481>



# Weight Watchers Session!



## WW works for me.

Join WW (Weight Watchers® Reimagined) and lose weight backed by solid nutritional science, not with crazy restrictions. Our easy-to-use app has the tools you need, including food and activity tracking, thousands of recipes, even 24/7 Chat with a WW Coach and so much more. WW works for millions—and it can work for **you!**

### **Start building healthy habits. Join us today!**

We are proud to partner with WW to bring employees WW Workshops in the workplace.\* To sign up or learn more about WW Workshops, contact Carmen Terry at **570-323-8561** or **cterry@iu17.org**.

**BLaST IU 17, 2400 Reach Rd, Williamsport, PA**

**Wednesdays, 4:15-4:45pm**

**Wellness that Works.™**

## Goal Setting Course



Starting in January, we will have a new class for Goal Setting. The class will meet once a month from January-April. This will be specific to each individual. You will get a workbook for you to create your own vision, goals and worksheets to help you achieve whatever goals you set.

Classes will take place at BLaST IU17, 2400 Reach Rd, Williamsport

January 27th 5-6pm\* (Must attend)

February 24th 5-6pm

March 23rd 5-6pm

April 20th 5-6pm

Click the link here to register by January 17th:

<https://www.elnr.org/Register.aspx?ScheduleID=4482>

Attendance at 3 of 4 classes is required to achieve points. The first session is mandatory to complete the course. You will be setting a vision and 3 month goals as well as weekly goals. And in each month, you will review your own goals, what went well, what you could improve upon and set new weekly goals. I will be helping to guide you in your goal setting and help you along the way in between our sessions. If you are serious about achieving some goals to start the new year and develop some better habits, this is a course you should take.

This course will count towards platinum if you make 3 out of 4 classes. Point level is 90pts for all 4 courses. If you make 3, then you will receive 60pts.

# Your goal worksheet

List your goals for 2020

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How will achieving these goals improve your life?

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What are the consequences of ignoring these goals?

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What motivational strategies can you use to help you achieve these goals?

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What resources do you have to help you achieve these goals?

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## Your goal worksheet

What has been your best experiences in accomplishing goals like these in the past?

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Who can help you achieve these goals?

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What structures and supports could assist you in being successful at reaching this goal?

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How will you be accountable to these goals?

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How will you feel when you accomplish these goals?

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Please feel free to contact me if you need any help filling out this goal setting worksheet. Carmen Terry, MS, Certified Health and Wellness Coach, Certified Lifestyle Medicine Coach, [cterry@iu17.org](mailto:cterry@iu17.org)