

Getting into a healthy routine

Instead of setting new years resolutions, why not set a goal around one healthy habit at a time. Health coaches use goal setting in order to let clients pick what is important to them and deciding if it aligns with their values, how important that goal is and how they will go about achieving that goal. If you want to set a goal around moving more, instead of setting a lofty goal of moving 5 days a week for one hour, set one you know you can achieve. For example, if you aren't moving a lot right now, set a goal for two days a week for 15-20 minutes. Once you achieve that, then move the goals either two days a week for 30 minutes, or 3 days a week for 15-20 minutes. You will continue to gain confidence each time you achieve the small goal, which increases your chances of success. After several weeks then re-evaluate your goal and grade yourself to see how you did on a scale of 1-10, with 1 being not successful and 10 being highly successful. And put yourself into a non-judgement zone. When you do not achieve something, decide whether it was truly important or not. It doesn't mean you failed, it means you need to decide if that was really important or maybe it didn't align with your values. Go back to the goal setting board and see if you can find some priorities that align with what you want to achieve. Goal setting gives us a sense of purpose and direction as well as a sense of control over our future.

Here are some ideas for goal setting:

1. Create a vision board with pictures, quotes, ideas
2. Write a personal vision statement
(<https://www.betterup.com/blog/create-a-personal-vision-statement>)
3. Create an action plan <https://www.betterup.com/blog/how-to-make-an-action-plan-to-achieve-goals>
4. Use a calendar or post it notes for reminders of your goal
5. Identify any obstacles and ways to tackle them so you can achieve your goals.

January/February Courses

Cooking with Carrie Tuesday, January 16th
6:00-7:00pm Healthy Snacks and Appetizers (just in time for Superbowl!)

Click link to register

<https://www.elnr.org/Register.aspx?ScheduleID=6021>

Meal Plan and Prep Course-Thursday, January 25th
5:00-6:00pm, 2400 Reach Rd Williamsport. Come learn the basics of meal prepping and planning with tips and tricks to make it easier. Whether you want to make breakfasts, lunches or dinners you will walk away with simple recipes for all meals.

Click link to register

<https://www.elnr.org/Register.aspx?ScheduleID=6022>

Women's Health with Sandra Lentz, CRNP. If you missed her first class, we are holding a second one due to it's popularity. We will discuss perimenopause and menopause again.

Tuesday, February 6th, 5:30-6:30, 2400 Reach Rd, Williamsport

Click Link to register

<https://www.elnr.org/Register.aspx?ScheduleID=6020>

Make Up Health Screening

Saturday, Feb 10th, 8:30-9:30

Click Link to Register:

<https://upmhealthypartners.as.me/LCIC>

Healthy Recipe

<https://www.justapinch.com/recipes/soup/bean-soup/butter-bean-leek-and-bacon-soup.html>

Lose Weight with 8 Course!

Wednesday, January 10th – February 28th, 2024 ; 4:45 – 5:45pm

Pennsylvania College of Technology, Campus Center Room 105 (back of the cafe)

Reach your Wellness Goals in 2024!

- Lose weight without feeling hungry, yes you can eat carbs!
- Healthy fats (mufa) target belly fat and speed weight loss
- May improve blood pressure, blood sugar and cholesterol
- Participants have lost up to 120+ pounds, reversed pre-diabetes and fatty liver, significantly improved A1C and reduced or eliminated need for medications

Weekly topics include: Lowering risk of chronic disease, Reversing insulin resistance, Gut Health, Blue Zones, DASH guidelines and more! Rose's easy to follow plan: Lose Weight with 8 received a trademark with the US Patent Office in December 2020. With this easy to follow meal plan and lifestyle approach you will see results immediately!

Cost \$200.00, Make Checks Payable to Live It Nutrition. **To register, contact Carmen Terry at cterry@iu17.org.**

Calm App

We all have a busy life which can make it seem impossible to squeeze in some time for physical movements during the day. But the point is to get started and not aim for perfection—just 5 minutes of physical activity can benefit our overall well-being in the long term. Start incorporating small mindful movements during the day to reconnect with your body and improve your mood.

Get your daily dose of gentle movements with these Calm resources:

Step Away From the Computer

In this 4-minute guided walking meditation with Chibs Okereke, you'll take a break from being in front of the computer to recenter yourself.

Quality Moves Over Quantity

In this 5-minute Daily Move session with Mel Mah, you'll go through a series of full-body movements that focus on establishing your inner strength.

Mental Health Walk

In this music series curated by Calm, you'll enjoy a combination of the sounds of New Zealand and lo-fi music so you can refresh your mind and body when you're on a walk.

Movement Lesson - The 4 Pillars of Health

In this 1-hour Calm Masterclass with Dr. Rangan Chatterjee, he shares how we can regain control of our health through simple diet and lifestyle changes.

Check out the Calm app for other diverse resources that'll support your mental health journey. Haven't redeemed your free Calm Premium subscription yet? To activate your subscription visit:

<https://www.calm.com/b2b/lcic/subscribe>

This must be done on a web or mobile browser (not in the app itself)

Join **a Calm App Webinar** to learn how to personalize your app experience or deep dive into monthly themed topics to enhance your mental health toolkit.