

Wellness World



A Newsletter from the District Wellness Committee

January 2012

The Power of Positive – It's Contagious!

The New Year is a time when many people make resolutions – chances are you have thought about a resolution, and may have even set one and broken it already! No matter what your resolution may be, there is one tip that will help you succeed in whatever you choose to change: *the power of a positive attitude!*

Studies have shown that a positive attitude promotes better health, retards aging, and has a positive effect on those around you. To help keep you positive:

Get enough sleep. Lack of adequate sleep affects mood, motivation, judgment, and our perception of events. Have trouble falling asleep? Turn off your TV, Smartphone and computer an hour before going to bed.

Go whole grain. Avoid refined carbs and increase veggies, fruits, legumes and lean meats. There is evidence that changing your diet can alter metabolism and brain chemistry, ultimately affecting your energy level and mood.

Move more. Aim for 20 minutes a day of moderate exercise, but as little as 10 minutes has beneficial effects. Short on time? Just walk more – every step counts! Pick an exercise that you enjoy and do it for at least 10 minutes to get mood improving benefits. No matter how you choose to move, exercise can help you have a better attitude. Still not convinced? Use the coupon below to help work up a positive attitude!

Eliminate the negative. Surround yourself with positive people and avoid those who are negative. Positivity, as well as negativity, is contagious! And remember the Thumperian Principle: If you can't say something nice, don't say anything at all!

www.youtube.com/watch?v=Wui-PNqJrxs

Whether you think you can or whether you think you can't, you're right.

-Henry Ford

Attitude is a little thing that makes a big difference.
~Winston Churchill



Coupon \$ 20 off Registration Fee for School Employees!

Present this coupon and school ID at Newtown Youth Academy to qualify for a \$ 49 registration fee (normally \$ 69). Monthly \$ 34 membership fee includes classes, gym membership, track membership and 2 personal training sessions.