



IC Well

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New Year Resolutions

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The New Year has begun, and like many people, you may have made a New Year's Resolution. However, many people also end up breaking their New Year's Resolutions by the end of January. Here are a few tips on how to set the right goals for you.

- 1. Be realistic by setting achievable goals.** Know your strengths and weaknesses and set goals accordingly..
- 2. Describe resolutions in specific terms.** Instead of "I don't want to be lazy," opt for "I want to exercise regularly."
- 3. Break down large goals into smaller ones.** Commit to losing weight by going to the gym a certain number of times a week or by improving your eating habits.
- 4. Find alternatives to a behavior that you want to change, and make this part of your resolution plan.** If you smoke to deal with stress, learning a new stress relief program is beneficial.
- 5. Aim for things that are truly important to you, not what you think you**

ought to do or what others expect of you.

Now that you have an idea about what types of resolutions to make, here are some tips on how to keep those resolutions all year long!

- 1. Create a Plan** Setting a goal without formulating a plan is wishful thinking. Clear steps must be laid out so that your plan can be put into action. A good plan will tell you A) What to do next and B) What are all of the steps required to complete the goal.
- 2. Create Your Plan IMMEDIATELY.** Most people have tons of motivation to stick to a plan as soon as their resolution is made. However, waiting a couple weeks to come up with a plan will set you back time you could have been working on your goals and decrease your motivation. It is crucial that you begin creating your plan immediately.
- 3. Write Down Your Resolution and Plan.** Write down your resolution somewhere you will always be reminded of it, such as a note-

book, journal, or calendar.

4. Think "Year Round," Not Just New Year's. Nothing big gets accomplished in one day. Resolutions are set in one day, but accomplished with a tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point.



5. Remain Flexible. Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us, and flexibility is required to complete anything but the simplest goal. Most of all, recognize partial successes at every step along the way. Just as a resolution isn't accomplished the day it's stated, neither is it accomplished the day you reach your goal. Rather, it's accomplished in many small increments along the way. Acknowledge these incremental successes!

By: [Amanda Antzcak](#), Grad Student Trainer

Reference:
[MyGoals.com:](#)
[How To Make Resolutions](#)

Recipe Corner - Dr. Charlotte Greyson's Chicken Soup

Ingredients

1 chicken, cut into 8-10 pieces (*remove skin, leave bone in*)

8 cups of chicken broth *homemade is preferable, but unsalted, low-fat canned is fine*

3 large cloves of garlic, chopped

1/2 cup chopped onion

2 carrots, peeled, thinly sliced

2 celery stalks, sliced

8 ounces dried wide egg noodles or 1 cup uncooked long grain rice

1/2 cup finely chopped fresh parsley

2 tablespoons fresh thyme or 2 teaspoons dried thyme

Directions

1. Pat chicken parts dry. Season pieces with salt and pepper. Brown chicken parts in a heavy Dutch oven with 1 teaspoon of canola oil over medium-high heat for about 6-8 minutes, turn-

ing once.

2. Add chicken broth to the pot. Bring to boil. Reduce heat; cover partially and simmer until chicken is cooked through, about 20 minutes.
3. Using tongs, transfer chicken to large bowl. Cool chicken and broth slightly. Discard bones from chicken. Cut or pull apart chicken meat into bite-sized pieces and reserve.
4. Spoon fat off top of chicken broth. Return broth to simmer. Add onion, carrots, celery, and thyme. Simmer until vegetables soften, about 8 minutes. (*Can be prepared 1 day ahead, but be sure to store broth and meat separately in the fridge.*)
5. Stir in noodles, parsley, and reserved chicken. Simmer until noodles are tender, about 5 minutes. If using rice, simmer until rice is done. Season soup to taste with salt and pepper. Ladle into soup bowls and garnish if you like with parsley.



Reference: webmd.com

Health Observance - January

January is Thyroid Awareness Month.

Over 27 million Americans have overactive or underactive thyroid glands, but more than half remain undiagnosed.

To recognize Thyroid Awareness Month 2006 in January, the American Association of Clinical Endocrinologists (AACE), in collaboration with the American Thyroid Association (ATA), is highlighting the importance of the TSH (thyroid-stimulating hormone) and Free T4 tests, simple blood tests that measure the appropriateness of the thyroid gland's hormone production. It's very important for patients with thyroid imbalance to know

their TSH and Free T4 numbers. If your thyroid is not working properly, neither are you!

The thyroid gland is a small, butterfly-shaped gland found just below the Adam's apple. It makes thyroid hormones, which are chemicals that affect the function of many of the body's organs including the heart, brain, liver, kidneys and skin.

"Symptoms often associated with thyroid hormone imbalance, including weight changes, mood swings, and menstrual disturbances, can be rather subtle," commented AACE President Bill Law, Jr., MD, FACE.

For more information on Thyroid Awareness Month please visit the AACE website

Reference: about.com
Simple Tips for to keep you healthy



Healthy Foods: What to eat when you're sick

Cold and flu season are here! Here is a list of foods that will help you ward off these sicknesses before they occur or help to make it a little more manageable:

Foods or juices high in Vitamin C- It won't prevent colds, but Vitamin C is a well-known immunity booster. Pineapple, orange, grapefruit, lemon juice are all good sources. If you find these too acidic, dilute with water.

Foods high in Zinc- Zinc is found primarily in animal products, but usually a supplement works much better. It is thought that zinc works by weakening the virus, minimizing duration and severity of

cold and flu symptoms when taken promptly at first signs of illness

Garlic- eaten or taken as a supplement (about 300 mg), this can help because it contains a potent antibiotic called allicin

Horseradish & chili peppers- these can be used during a cold or flu to clear up congestion

Chicken Soup- This old remedy aids in lessening symptoms by inhibiting cell inflammation, and promoting mucus secretions which will help to soothe a sore throat and cough.



Helpful Links:

[Natural Cold Remedies](#)
[Whole Health](#)
[About.com](#)
[Webmd.com](#)

Exercise Your Body—What about the Shoulders?

We are often concerned with the many aspects of exercise to improve our cardiovascular fitness, our overall strength, and flexibility so that we can improve our body composition, prevent injury, or ward off disease. This general overall approach is definitely beneficial, but it may also be a good idea to consider specific areas that are not as obvious, but still may need attention.

Each year 40,000 Americans under go surgery to repair shoulder damage. Recent research is now suggesting that prehabilitation exercises may actually be the smarter cure. Shoulder injury can occur with one quick movement reaching for something as it falls or shoveling the car out of the driveway in the winter.

The good news it can just as easily be prevented by incorporating general shoulder strengthening into your exercise routine. Examples include lateral and front raises with moderate to light weights and overhead shoulder presses.

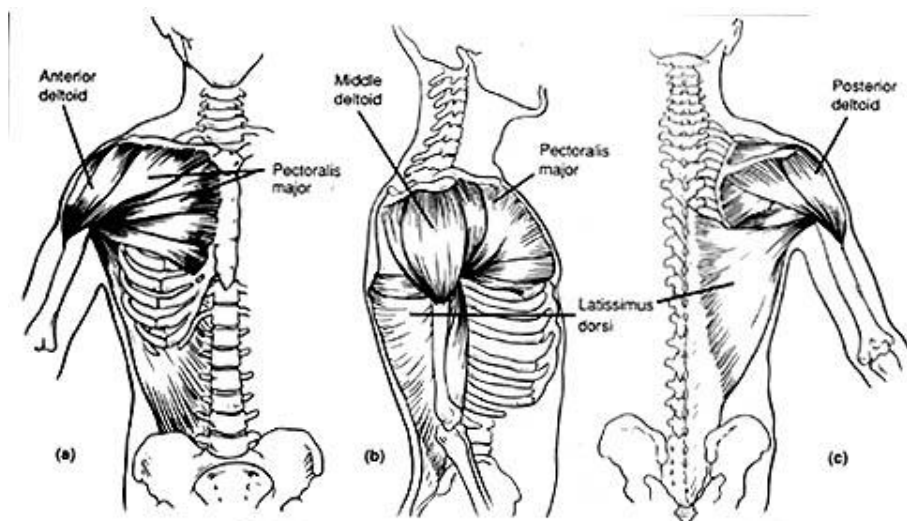
The muscles around the shoulder are working constantly throughout the day to help us maintain our posture and to

stabilize, so it's important to train them for this purpose. Higher repetitions with lighter weights can do just that.

And don't forget to stretch out those shoulder joints and the arms after your work-out. Increasing and maintaining your flexibility will also help to prevent injury.

If you have questions about shoulder

programs check with your trainer. They can provide routines to help "shoulder" this responsibility.



New Membership Programs at the Wellness Clinic

In addition to our [Standard Membership package](#), the Wellness Clinic is now offering two new packages: [Group Exercise](#) and [A New You](#).

The **Group Exercise** Membership package was designed for people who want to exercise but who only have the time to take a class. Membership includes all the following services for an ANNUAL FEE OF \$50 per person (year commences from date of initial payment).

- Medical History/Health Habits Interview
- Fitness Evaluation
- Supervised Group Exercise Sessions

([See Group Exercise Schedule](#))

Access to all classes daily Monday through Friday

- 6:30-8:00am
- 11:30am-1:30pm (11:30am-2:00pm on Tuesdays and Thursdays)
- 4:30-6:30pm

The **A New You** Membership package is a **limited** membership offer for new participants who need some extra help to succeed in reaching their goals. A New You membership includes all of the great benefits of the Standard Membership plus the following services for an ANNUAL FEE OF \$150 per person (year commences from date of initial payment).

- 1 Personal Training Session per week
- Weekly email & phone contact with your fitness specialist
- Monthly Progress Reports
- Reimbursement Incentive*

spring semester if you reach a short term goal. You can receive another \$25 back at the end of the year (from time of joining) if you reach a long term goal. (goals must be appropriate and agreed upon between client and trainer).

To take advantage of this great new program fill out the [Medical History/Health Habits Review form](#) and pay the \$150 (\$25 more than regular fee) membership fee by 2/1/05. Please feel free to call (274-1301) or [email](#) the Wellness Clinic if you have any questions.

*** Reimbursement Incentive:** If you join as A New You member, you can receive \$25 back at the end the

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If you have a question about wellness, email the [Wellness Clinic](#) today and one of our trainers will get back to you with an answer!

This service is **free** and available to all members and non-members.

Contact us Today!