



Well Worth It

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Wellness, it's as simple as A B C...

The building blocks of wellness are as simple as ABC. To illustrate this, the Well Worth It newsletter will become a shorter, biweekly feature and focus on aspects of wellness centering around each letter of the alphabet. Make 2010 the year your worksite embraces the simplicity of wellness programming!



Helping you Achieve a Healthier 2010

Making resolutions each year is the easy part – keeping the resolutions throughout the year is the difficult part – especially if your resolutions center on fitness, diet and exercise. The American Cancer Society recommends these simple things you can do to ensure you will stay on the right path throughout the year.

Keep a food journal. If your goal is to get to a healthier weight, those who keep food journals have better success rates.

Make an exercise plan (and write it down)! If you have clear objectives, you'll be more likely to follow through. Decide what you're going to do, when you're going to do it, and for how long.

Pocket a portion control guide. This helps if you struggle with HOW MUCH to eat.

Create a playlist. New music can rev up your workout routine. Many fitness websites have sample playlists to help get your started.

Make one small change each day. Take small steps toward your goal and build on the small successes.

Anticipate situations that might lead you astray. If you are habitually at the office vending machine, keep healthy snacks at your desk or in your purse.

Focusing on immediate benefits. Motivate yourself toward your long-term goals by focusing on your daily achievements.

Always bear in mind that your own resolution to succeed is more important than any one thing. Abraham Lincoln

Easy, healthy cooking tip:

Substitute applesauce for oil in your cooking projects for an easy way to reduce calories and fat.



KNOW the 10 SIGNS

EARLY DETECTION MATTERS

Recognizing Alzheimer's Disease

Many Americans are left to juggle the responsibilities of work, children and aging parents. Alzheimer's is a disease that affects over 5.3 million Americans. Early detection makes the process easier. Do you know the 10 warning signs of Alzheimer's? Does someone you know exhibit any of the 10 signs listed? This checklist is the first step in determining if you or a loved one is affected and can be used to discuss your concerns with your doctor. Visit the Alzheimer's Association website at www.alz.org to learn more.

1. *Memory changes that disrupt daily life.*
2. *Challenges in planning or solving problems.*
3. *Difficulty completing familiar tasks at home, at work or at leisure.*
4. *Confusion with time or place*
5. *Trouble understanding visual images and spatial relationships.*
6. *New problems with words in speaking or writing.*
7. *Misplacing things and losing the ability to retrace steps.*
8. *Decreased or poor judgment.*
9. *Withdrawal from work or social activities*
10. *Changes in mood and personality.*

Preventing Alcohol Problems in the Workplace

Due to the amount of time spent in the workplace, an employee's supervisors and coworkers are often aware of alcohol related problems. In turn, worksite alcohol prevention programs have proven to be successful and can help an employee address alcohol related problems. For additional information on ways your worksite can implement alcohol prevention and reduction programs, visit the following website:

<http://pubs.niaaa.nih.gov/publications/arh26-1/49-57.pdf>

Tobacco Cessation

Looking to provide tobacco cessation activities at your worksite? Contact the Regional Tobacco Prevention Coalition Coordinator at the Wellness Council to assist with tobacco cessation or contact the West Virginia Quitline at 1-877-966-8784.

West Virginia
**TOBACCO
QUITLINE**
1-877-966-8784

Upcoming Events

February 2: Wellness2Go Conference Call Training—Call to register

February 9: Worksite Wellness 101- Charleston—registration form at www.wcwg.org

April 2010: Annual Spring Conference – more details coming soon...

May 13- 16, 2010: Greenbrier Bike Trek – be part of the Wellness Council Team!

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