

# “Stall Talk”

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## Five Keys For New Year Resolution Success

*Make this the year that you succeed*

- Only set goals and resolutions for the coming year that you are totally committed to achieving.
- Set yourself up for success. If you want to lose 30 pounds then give yourself the year to do it rather than expect to do it by March. And set yourself some interim milestones. Much more achievable and believable! The more you set yourself up for success the more you will develop the mindset for success.
- Model the success of others. Who is your role model for achieving your goal? There is no better way to achieve your New Year resolution than to learn from their success. Identify their strategy and follow it.
- Get support of others. Enlist other people into helping you achieve your goal. If you have a weight-loss goal, find a buddy who is equally committed and equally positive in their expectations. Keep each other accountable. The more you can get other people on your team helping you, the greater your own chance of success.
- Have an action plan... and act on it. Break your New Year resolutions down into detailed actions. Make sure there are small steps you can start work on immediately. The more action you take, the more you will develop forward momentum in the direction of your goals.

### Setting Truly Compelling Goals

The good news is that this year IS different. And, that's not just New Year optimism! Secrets of making a goal or New Year resolution compelling are to:

- Make it personal and linked to what you value most.
- Make it positive – what will you do rather than stop doing?
- Write in the present tense as if you have already achieved it.
- Use your senses, how will things look, feel and sound when you have achieved your goal?

**Try it for yourself and make 2006 the year for successful New Year resolutions!**

*“Design Your Life” system from Rod Moore and Rachel Manktelow at <http://www.mindtools.com/pages/DesignYourLife.htm>.*

### Duathlon

**Saturday, January 21, 2006**

**8:00 AM**

T. Mabry Carlton Memorial Reserve  
5-mile run and 10-mile bike race.

Participants must provide own  
equipment (mountain bike)

Sponsored by the Friends of Carlton

Reserve. \$25 Registration Fee

For more information visit or call

[www.foscp.org/fcr/](http://www.foscp.org/fcr/) (941) 486-2547

### On-Site Blood Pressure Clinics to begin in January

**7:30am-9:30am**

- **1<sup>st</sup> Monday** of every month: **Admin Center**, Front door
- **2<sup>nd</sup> Tuesday** of every month: **BOB Bldg**, Break area
- **3<sup>rd</sup> Wednesday** of every month: **SSO**, 2<sup>nd</sup> Conf Rm
- **4<sup>th</sup> Thursday** alternates between the **Terrace Bldg. & 2817 Cattlemen**
  - **Terrace:** (Break area, 2<sup>nd</sup> Fl); Jan., March, May, July, Sept., Dec.
  - **2817 Cattlemen:** (Break area) Feb., April, June, Aug., Oct.

Employees can always stop by the Wellness Center at 1301 Cattlemen Road, Bldg B for a blood pressure check, but please call 861-5837 prior to arrival to ensure clinical staff availability.

Nearly 70 % of fatal bicycle crashes involve head injuries, but only about 20% - 25% of bicyclists wear helmets.

A Mayo Clinic study found that children are more likely to wear helmets if their parents do. Helmets should fit well, (Snug, Level & Stable) have a durable outer shell and a polystyrene liner.

[www.helmets.org/fit](http://www.helmets.org/fit)

New hearing aid benefit for non-bargaining HMO & Pos II participants after 01/01/06. Call Aetna member services for more information:

HMO: 1-888-287-4296

POS II: 1-877-432-7733

A previously unfit person can increase his or her strength 50 percent or more in six months with regular strength training.