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Wellness Works

Making the Most of Your New Year Resolutions

Anyone who has ever made a New Year's Resolution knows how hard changing a behavior or habit can be. Whether it's to lose weight, eat healthier, quit tobacco, improve sleep, better manage stress, or just feel better... it can be a challenge to stay motivated and on track, especially when we don't see immediate results.

The new year is typically a great time to think about new beginnings and taking a common sense approach to accomplishing your personal goals. Here are some tips and resources that can help you get the most out of your resolutions:

Set Specific Goals – don't just say "I want to lose weight"; set a specific target and then find resources or programs that can help you reach that target.

Start with Small Steps – Marathon runners don't just start running 26 miles. They start with a shorter distance and work up. If your goal is to become more physically active there are many ways you can begin – from dancing around the house as you do chores to parking as far away as you safely can from your destination.

NEED SOME EXTRA MOTIVATION?

Trekking Together is a weekly wellness program that can help you and a buddy stay on track. Week by week you and your buddy are given, via email, the tools you need to slowly move forward with healthy changes – one small step at a time. Fitness Consulting, Inc. is offering a 50% discount to CIS members, bringing the cost for TWO of you to a total of \$9.95 per month. Check it out to see if this program is for you. Enter "CIS" as your discount code.

www.trekkingtogether.com

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Consider walking with a pedometer and try for 10,000 steps each day.

Team Up – Sometimes it is easier to stay on track if you work with a friend or relative. Maybe a co-worker is also ready to quit smoking and you can support each other. Or, have a family meeting about turning off the screen time in favor of a physical activity.

Give Yourself A Break – Slipped up and ate that giant piece of cake after dinner? It doesn't mean you failed; resolve to start new again in the morning – and each day will get a little easier.

CIS Benefits, in partnership with Regence BlueCross BlueShield of Oregon (BCBSO) and Kaiser Permanente, offers many programs and resources to help you and your covered dependents “stay the course”. Since no one solution works for everyone, we invite you to take advantage of the resources most helpful to you.

Check out some of the available programs and resources, below. Programs are either free or offered at minimal cost to participants. Covered dependents must be 18 or older to participate.

- Healthy eating and/or weight management: <http://cisbenefits.staywellsolutionsonline.com/Benefits/22,C,HBHealthyEatingLifestyle>
- Become tobacco free: <http://cisbenefits.staywellsolutionsonline.com/Benefits/22,C,HBTobaccoFreeProgram>
- Health Coaching : <http://cisbenefits.staywellsolutionsonline.com/Benefits/22,C,HBHealthCoaching>
- Employee Assistance Program (Reliant Behavioral Health): <http://cisbenefits.staywellsolutionsonline.com/Benefits/22,C,HBEmployeeAssistanceProgram>

For more of the resources Regence BCBSO and Kaiser Permanente offer members, click on insurer links on the CIS Benefits website (www.cisbenefits.org) or at right. You will need to establish a username and password if this is your first visit to either site.

*Wondering about a specific program/
resource match for you?*

Email healthybenefits@cisoregon.org.



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