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# Wellness Works

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## How's Your New Year's Resolution Going?

It happens every year. A New Year's resolution is proudly proclaimed: a promise to change for the better. We resolve to lose weight and get fit, quit smoking, get out of debt and save money, reduce stress, volunteer more, travel to new places, and make countless other well-intentioned promises. We've all made those resolutions, and know that the promise may not last into February.

But you can be successful! Here are some ideas and strategies for keeping yourself on track and getting to the healthier person you want to be!

**Refine your resolution.** Resolving to “lose weight” is too general to be able to track progress. Instead, think about what you could do differently at each meal or snack. Write a list of the foods and behaviors you could potentially change.

**Narrow the field.** Taking small steps, even tiny steps, can lead to big improvements over time. Starting the day with breakfast, taking a sack lunch to work or resolving to cook more meals at home are each possible strategies to eat better.

**Write it down.** Keeping a food diary of what you eat and drink each day can help you manage your weight. How simple is that?

### CIS WELLNESS RESOURCES:

More than half of American workers say that wellness programs help them reach their goals. For those covered by a CIS medical plan, CIS Benefits Wellness Resources can help keep you on track to reach your goals, with programs for healthy eating, weight management, and much more. Please visit [www.cisbenefits.org](http://www.cisbenefits.org) (login required) and click on the Healthy Benefits & Wellness tab for more details.

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**Get real.** Make sure your resolution is something you can incorporate into your daily life. You may read about an amazing diet that has you eating spicy pickled Korean cabbage three times a day, but if you don't like hot foods, cross it off your list and move on. Food preferences are personal and you should eat what you love in moderation.

**Get support.** Surround yourself with people who support your goals. A recent study found that employer support, encouragement and access to programs can really make a difference.

**Don't give up.** Even if you don't stick to your resolution for a couple of days, forgive yourself, and get back on track. If you consistently go off track, maybe your resolution is unrealistic. If your resolution doesn't work in your lifestyle, adjust your goals to make them achievable.

Sticking to your New Year's resolution is about making small, sustainable improvements for a healthier you. By personalizing and customizing your goals, you'll be more successful with your resolution. If you can respect your own preferences, surround yourself with supportive people and forgive yourself for slips, you'll be sailing through the months, ready for fresh resolutions next year!

#### USEFUL LINKS

- Regence - [www.regence.com](http://www.regence.com)
- Kaiser - [www.kp.org](http://www.kp.org)
- CIS Benefits Facebook Page - [www.facebook.com/cisbenefits](http://www.facebook.com/cisbenefits)
- Reliant Behavioral Health - [www.myrbh.com](http://www.myrbh.com) (access code: Oregon). View your benefits, log in to RBH Personal Advantage, read newsletters, and find supervisor resources. If you or a CIS medical-covered individual has a crisis or has questions about this service, call RBH 24 hours a day: 1.866.750.1327



The average adult spends approximately 9 hours at work each day! So, participating in a worksite wellness program can be advantageous for you, your colleagues, and the organization. With 53% of employees believing that sitting all day has the most negative impact on their health, it is clear they want options to support their health goals during work hours. Employers benefit from implementing wellness programs too: healthier employees miss less work and are more productive at work. That impacts the bottom line with the added bonus of fostering employee engagement and a positive company culture.

It's all about **TRUST.**

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