How to Keep Your New Year’s Resolution

Every year we all make goals for ourselves and the New Year and for most of us keeping those goals are more difficult than we think. So here are a few tips to sticking to all your SMART New Year’s goals:

- Pick a Cue: leave workout shoes, set an alarm
- Find a buddy to keep you accountable
- Choose a Reward and switch it up to keep yourself excited
- Execute the Routine: give yourself rewards and stay motivated!
- Break goals down into smaller portions so you can complete each task
Cervical Cancer Awareness Month

Cervical health awareness is important because it raises awareness about how women can protect themselves from human papillomavirus (HPV). HPV is the cause in almost all cases of cervical cancer. About 79 million people currently have HPV and many others don’t know that they are infected. HPV is preventable with a vaccine, which will then prevent many women from getting cervical cancer along with routine check-ups and screenings. The HPV vaccine can be given to both boys and girls so it is important that all parents know both the risks and benefits of giving their pre-teens the vaccine.

Superman Lifts

1. Start by warming up your body by doing jumping jacks, 30 sec butt kicks and toe touches.
2. To perform the superman lift you should first start on your stomach with arms and legs extended. Keeping your neck in a neutral position.
3. Keepings your arms and legs straight and torso stationary lift both arms and legs up towards the ceiling forming a “u” shape.
4. Hold this pose for 3-5 seconds and then lower back down to the floor.
5. Repeat 3 sets of 12

Exercise of the Month

Smart Goals: How to Properly Write Them

S: Specific
Your goal should be as specific as possible and answer that question.

M: Measurable
How will you measure this goal.

A: Attainable
Goals should push you, but it’s important that they are achievable.

R: Realistic
Your goal and timeframe should be realistic for the goal that you’ve established

T: Timely
Do you have a timeframe listed. This will help you be accountable and help keep you motivated

Vegetable of the Month

Kale
Surprisingly Kale grows and tastes the best in January. Kale is low in calories, high in fiber and has zero fats. It is high in iron, vitamin K, vitamin A, vitamin C, and calcium. Kale is also filled with powerful antioxidants and is a great anti-inflammatory food. With all of the benefits of kale it could be great for your health to add it into your weekly meal.
Garlic Parmesan Kale Pasta

**Ingredients**
- 1 bunch ½ lb kale
- ½ lb angel hair pasta
- 2 tbsp olive oil
- 2 tbsp butter
- 2 cloves garlic, minced
- ¼ cup grated parmesan
- Pinch salt and pepper
- Pinch red pepper flakes

**Instructions**
1. Pull the kale leaves, tear them into 1 to 2 in pieces, rinse the torn kale
2. Bring a large pot of water to a boil, add pasta to boiling water, and drain the pasta.
3. Add olive oil, butter, and minced garlic to a skillet. Cook over medium heat for 1-2 min. Add the kale and continue to sauté until the kale has wilted. Turn off heat
4. Add the drained pasta to the sautéed kale. Toss the pasta and kale together, allow them to cool & add parmesan.

Don’t Sit Get Fit

- Please consult your doctor before starting this or any other exercise activities.
- Go at your own pace and stop if any exercises cause pain.
- All exercises are followed by 10 seconds of rest.
- Make sure to include a proper cool down and stretch.

**Warm Up**
- Inchworm
- Walking lunges
- Back to wall shoulder flexion

**Workout**
4 Rounds of:
- 15 Push-ups
- 15 Burpees
- 15 Tricep Dips

**Cool Down**
- Hold these stretches for 20 seconds repeat 2-3 times
  - Foam Rolling
  - Cobra Abdominal Stretch
  - Standing Quad Stretch

Importance of Mental Wellness

With the New Year upon us we have all set our own resolutions we hope to accomplish this year. With these resolutions we much all remember the importance of mental wellness, if we are going to physically make ourselves better that must include improving ourselves mentally. Mental health affects how we think, feel and act. From childhood to adolescence through adulthood mental health is important in all stages. There are signs to look out for that could possibly have an effect on your mental wellness. Some of these signs are pulling away from people and usual activities, feeling helpless or hopeless, yelling or fighting with friends and family, experiencing severe mood swings that cause problems in relationships, or even the inability to perform daily tasks like taking care of your kids or getting to work or school. If you are experiencing any of these it is important to really take time for yourself to make improvements and to seek any help that you may need.
# January Employee Wellness Events

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For more information on Employee Wellness Programming and Events contact:
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