



JSC Wellness Program

January Newsletter

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It's Time

Starport JSC-Exchange



Now that 2011 is just around the corner, it's that time of year again for the annual ritual New Year's resolutions. They're easy enough to make, but how many do we keep? The beginning of a new year can be an inspiration to start a new, healthful habit or end an old, harmful one. And, probably more than just a few of us are on a guilt trip from our holiday indulgences. Not that we meant to, but the hectic days from November to January make it a real challenge to maintain a regular exercise routine and a proper diet. But, there's hope! Read on.

Each year, 40 to 45 percent of Americans make at least one resolution, with the top three being (you guessed it!) weight loss, starting and maintaining an exercise routine, and quitting tobacco—all noble causes.

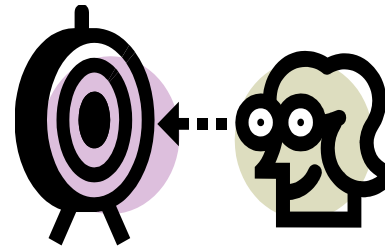
Our Success Record

How do we really do, though, in keeping those promises to ourselves? Of those who make a resolution, the percent success rate of maintaining a resolution over time is: Past the first week – 75%, past the second week – 71%, after one month – 64%, and after 6 months – 46%.

Why Bother?

Although many people who make resolutions do break them, research has shown that making resolutions is actually beneficial. People who make resolutions are 10 times more likely to achieve their stated goal than those who don't make resolutions, or rely on "wishful thinking." Whatever your reason for making a resolution, here are some tips to keep in mind that will enhance your chances of success.

Keep an Eye On the Goal



Understand the difference between a resolution and wishful thinking. Wishful thinking is passive, relying on hope instead of a plan. A resolution is a commitment to planned action and acknowledgment that the process won't be easy. Aim for a goal that is specific. Simply stating "exercising more" or "eating better" won't cut it. Instead, be more specific by committing to a personal rule, such as "exercise at least 3 times per week for 30 minutes" or "consuming at least 5 servings of fruits and vegetables daily."



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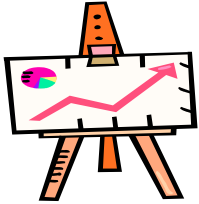
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Track what You're Doing



Monitor your progress regularly to ensure you are moving toward your goal. If your actions aren't consistent with your plan, you can make specific changes to what you originally had in mind. Be careful not to fall into the trap of thinking that when things are going well, you don't have to continue monitoring progress. In a stunning example of what can happen without due attention, an airliner once took off and landed at the wrong airport because the pilots hadn't kept track of what they were doing! Change as a creative process

Working toward any goal is an active process where you will encounter obstacles, learn about yourself, and experience growth. Along the way, you may encounter bad days. It is important to recognize them as "learning opportunities" to change your approach. Just because you have a few bad days does not mean you are a failure. If you are successful in living your resolution, then congratulations! Relish in your success, and take note of your successful formula. You can always apply it to another resolution later.

Resources at Your Service



Exploration Wellness and Mayo Clinic websites, dietician consults, fitness assessments, customized exercise plans, group exercise classes, new exercise equipment, summer wellness classes and much more. Now you can get even more points in the Employee Rewards Program toward a *free* **\$50** Starport gift card:

<http://www.explorationwellness.com/Web/scripts/Rewards.aspx>





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Vibram Five Finger Athletic Shoes *Starport JSC-Exchange*

- Vibram Five Fingers (VFF) is a relatively new footwear product created to provide users with a “barefoot experience” in a variety of sports and physical activities, ranging from running and trekking to kayaking and surfing. Borrowing from the concept of putting a glove on a hand for protection and improved grip performance, VFF acts like a glove for feet – barefoot performance footwear.
- In its basic form, VFF is a form fitting thinly soled sandal. However, unlike a sandal where the toes are uncovered, VFF footwear covers each toe for maximum protection and performance. VFF comes in seven styles and a variety of colors suited for different sports and activities.

ADVANTAGES

- Lighter than shoes - This is a performance advantage for many activities including: martial arts, yoga, pilates and a variety of water sports.
- Greater toe and foot flexibility in motion – This is an important performance characteristic for activities that require flexibility.
Better feel of surfaces – Another important performance characteristic for activities that require toe and foot grip precision like climbing.

- Protection – VFF provides protection to the foot for some activities that would otherwise require barefoot performance. Such activities include climbing and water sports.
- Breathability – The uppers of shoes are bulky and therefore don't promote breathability as good as less bulky footwear.

DISADVANTAGES

- Lack of protection – Due to their minimalist design VFF products do not provide ample protection for the foot during various activities such as: backpacking, work activities where there is risk exposure to falling objects, and exercise activities where the foot is exposed to falling or sharp objects.
- Sun exposure – Some of the VFF products do not provide coverage on the top of the foot and this could lead to sunburn when the foot is exposed to sunlight for prolonged periods.
- Cost – Many, if not all of the VFF products are costlier than most sneakers.
- Lifespan – Due to their minimalist design VFF products may not last as long as traditional footwear.

CONCLUSION

- Although very recent research suggests running barefoot may cause less stress to the skeleton and prevent musculoskeletal injuries, research on this topic is equivocal at the present time.