

Get Up, Get Out, Get Fit 2018

Thank you for your interest in enrolling in Get Up, Get Out, Get Fit! Some of you may have participated the past two years in this program, so you will be very familiar with how it goes...while this may be the first year for some of you.

The first day of this year's program is Monday, January 1, 2018, and the program will run through Sunday, February 25, 2018.

Wellness is not just about our physical health, it also involves our work life, relationships with family and friends, our activity level, the foods that we eat, our spiritual life, the things that we think about, and our lifestyle choices. This program promotes whole-person health and wellness.

An important part of the program is setting your own personal wellness goals. You may already be familiar with how to set measurable, achievable goals—or we are glad to help you with that—just contact us. You may want to read **S.M.A.R.T Goals**. We have provided a **sample goal-setting worksheet** that you are welcome to use, and there are lots of sample goal worksheets available online.

Points are awarded for various activities and behaviors—you may refer to the **Points List** to see all of the different ways to earn points. You are encouraged to identify your weaker areas and try to achieve points there, rather than just earning more points in an area in which you are already strong. Examples: for a person who just hates to exercise, try to find some type of physical activity that you can stand to do, and make it a goal to increase time or intensity, or maybe find a friend to walk with or work out at the Rec with, to help hold you accountable to your goals. Or for a person who normally has a diet high in fried foods and very few vegetables—make it a goal to eat grilled meat, fruits/vegetables every day and whole grains—and achieve points in that area.

Each week will run from Monday through Sunday. You may record your points on a paper **Points Chart** (you may print them from the Rec website or obtain paper copies from Nancy) and turn them in to Nancy at Bethlehem Lutheran Church, to the Rec through the mail slot in the entryway, OR you may use the **Excel spreadsheet** format which is also provided for you on the website, and submit them via email to Nancy at parishnurse@ruraltel.net by the end of the day Monday each week. A weekly prize drawing will happen on Tuesdays for the participants who turn in a well-rounded, honest log sheet.

Prizes will be something that YOU choose—so that it is something health/wellness-related that you actually want or need! Examples from the past are gift cards for: workout clothing/shoes, money toward a massage, Subway, money toward renewing your Rec membership, healthy food from the grocery store, etc. If your name is drawn, we will call you to visit about your choice of a prize.

You are not required to purchase a **Rec membership**, but a discounted two-month membership is available for only \$15.00, and you may renew at the special open house rates if you pay for the remaining months of 2018 by the end of 2017. Check with the Rec for their special open house rates.

A program **t-shirt** is available for \$10.00—again, it's not a requirement to buy a shirt to enroll in the program. You can view the design and shirt description on the Rec website.

There will be **weekly discussion groups** available for participants. Topics may include using the weight machines/free weights correctly (proper form) to prevent injury; healthy cooking ideas, goal-setting, stress-reduction strategies, maintaining motivation toward our healthy goals, journaling, etc. Please indicate on the enrollment form the areas that you would be interested in.

Newsletters will be emailed out one to two times per week; if you prefer to receive paper copies, just let Nancy know.

Please contact Nancy or the Rec with any questions or concerns any time throughout the program!
GOOD LUCK!