

Bladder Chatter

Volume 9
Issue 3

NEW YEAR
NEW LOOK!

TRU Student Health and Wellness Newsletter

The New Year's Resolutions Are In...

New Year's is often a time people make resolutions...a promise of improving their health, their relationships, and their lives. Most of us have grand ideas on what we want to do for ourselves and/or our families, but often we don't have a real plan put in place in order to help us succeed! In my mind, it is great to want to do better for ourselves, but no one wants to set themselves up for failure. Hopefully this issue of BC will give you some tips and ideas on how you can make positive changes for yourself that are long lasting!

**Wellness
Tip:**

One of the key ingredients in being able to juggle school, work, and family with making your health a priority is efficient time management. If you need help managing your time please make an appointment with one of our counsellors! Call 250-828-5023 today or drop by OM 1631 to book a time to see one of them:)



TRU WELLNESS CENTRE
LIVE TRULY WELL

Bladder Chatter is published by the TRU Wellness Centre. For any Q's, comments, or ideas for an issue, please contact Chelsea at ccorsi@tru.ca

None of my yoga pants have ever been to yoga.



Did you know that both the TRU Wellness Centre and TRU Recreation offer weekly wellness and fitness classes...for FREE??? If you want to become more active think about attending these free classes as a part of your new fitness regime each week. They are right on campus (convenient) and free (well free is always awesome) so this just makes sense as a way to be successful getting back on the exercise wagon! For classes go to our websites at:

www.tru.ca/wellness

<http://rec.inside.tru.ca/>

S.M.A.R.T. Goals

(Specific, Measurable, Attainable, Realistic & Timely)

When you want to make a behaviour change, such as eating healthy or exercising more, it always helps to make a plan of action. Sitting down and drafting a plan is a powerful way to make ideas a reality...you can actually see them! Using the S.M.A.R.T. Goals method is one way to set you and your plan up for success!

S = SPECIFIC - A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions: Who is involved?, What do I want to accomplish?, Where?, When (time frame)?, Which (requirements & barriers)?, Why (specific reasons or benefits of achieving goal)? For example a specific goal would be: *'Attend a fitness class on campus 3 days a week', rather than just 'get in shape'.*

M = MEASURABLE - Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal. To measure ask yourself, how much or how many times did you do what you planned to do, i.e. how many fitness classes did I attend this week? and then track it on a chart or calendar.

A = ATTAINABLE - You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them. You develop the attitudes, abilities, skills, and financial capacity to reach them.

R = REALISTIC - To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress and something that you believe is attainable.

T = TIMELY - A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by May 1st", then you've set your unconscious mind into motion to begin working on the goal. Your goal is probably realistic if you truly *believe* that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal, i.e. *free classes work as money is tight, so utilizing the classes on campus would help me be successful because they are free and they fit it my schedule.*

Sourced from: <http://topachievement.com/smart.html>

the e-cards of change...

Walking Away from Tobacco...

I'm glad you didn't quit smoking for me because I still have no interest in kissing you.



your e-cards
someecards.com

If you ever decide to quit smoking, I'll help you keep your mouth busy.



someecards
user card

If you are ready to quit using tobacco we have support for you on campus! The Wellness Centre is partnering with the Tobacco Education Clinic to bring you the 8th Annual Great Canadian Smoke-out Challenge. We have 3 categories you can enter: "Quit for Good" (regular users), "Party without the Pack" (social users), & "Don't Start and Win" (non-users to stay that way). Please see p.4 of Bladder Chatter for dates and how to register! Lots of prizes to be won! Also check out www.quitnow.ca for TOBACCO FREE TUESDAYS! If you aren't quite ready to quit for 2 months...what about just one day a week to start?

Walking Towards Healthy Eating...

It is so hard to eat healthy these days as junk food bombards us from every angle. Not only is it super easy to buy a chocolate bar, pop or fries pretty much anywhere you go, but did you know that research is showing that some people can actually become 'addicted' to salt, fat, and sugar in foods, making it even harder to resist the urge to eat them? Once again, making a healthy eating plan using the S.M.A.R.T. Goals (p.2) will help set your eating up for success! You do have to be organized and manage your time, but with proper planning and a little bit of time invested wisely you can do it! Some tips for you also include: make a weekly menu so that you think about what you want to eat ahead of time; make a grocery list of what you need to make everything on your menu; NEVER go shopping when you are hungry as those cravings start to kick in and it is harder to make healthy choices; pack a healthy lunch and snacks for school so you don't have to debate on what is a healthy choice on campus (also saves money); when eating out look for the healthy choice options, such as veggies or salad instead of fries. (FYI - sometimes what looks healthy actually isn't. For example, ask the server to hold butter/salt on veggies or put the dressing for salad on the side, as these can add up to a lot of calories just when you thought you were making the healthier choice!)

Honey, can you pick up Pizza? I've been busy pinning nutritious recipes for our family all day.



your e-cards
someecards.com

Wellness Facts:

Did you know that if you eat more fruits and veggies, exercise regularly and maintain a healthy body weight, you can reduce your risk of developing cancer by 30-35%!!!

(Canadian Cancer Society)

healthyfamiliesbc.ca is an amazing site designed to help you become healthier! Log on to find recipe ideas, steps on how to become more active, support to quit using tobacco and how to have a healthy pregnancy! It is all FREE!!

Just Start Walking...

Canada's new physical activity guidelines recommend at least 60 minutes of physical activity every day for children and 150 minutes a week for adults. Where are you 'sitting' with those numbers? I know it is hard to know where to start, but if you have been inactive for a long time, try starting with walking. Walking is a great way to get your body moving again. Even starting with 5-10 minutes has benefits! Take the stairs, park farther away, or take a stroll around the block after dinner...your body will thank you for it!

The Great Canadian Smoke Out

Date: Jan 29 & Jan 31, 2013

Time: 11am-1pm

Where: January 29th: Campus Activity Centre

11am to 1pm.

January 31st: Trades Building 11 am to 1 pm.

What: Tobacco Education Fair! Sign up for our three month CHALLENGE: can you QUIT FOR GOOD? Or PARTY WITHOUT THE PACK? Or DON'T START AND WIN? There will be experiments, info on tobacco use and PRIZES for the winners of our three month CHALLENGE!

Why: Raise awareness about tobacco use on campus and help our fellow students and faculty walk away from tobacco use! Sign up at our kiosks or at the event! You do NOT have to be a tobacco user to attend this event!

TRU Tobacco Education Clinic

To get more information, to sign up for the event and to quit smoking come see us at our weekly kiosks on campus:

January 14th 1-3pm in OM

January 15th 11-1pm in Trades

January 21st 1-3pm in OM

January 22th 11-1pm in Trades

January 28th 1-3pm in OM

January 29th 11-1pm in Trades



Find us on Facebook:

TRU Tobacco Education Clinic

Email us at: tobaccoeducation@tru.ca

quitnowca
1-877-455-2233

Nurses
Dietitians • Pharmacists
Call
1-811
HealthLinkBC