

# WELLNESS NEWSLETTER

January 2021

## VALLEY FITNESS & RACQUET

### Employee Spotlight!

Patti - Tot's Turf Director, Tennis Professional, Pickleball Director, Member Experience

1. **If you could live anywhere, where would it be?** Hawaii, where the sun shines!
2. **What is one of your biggest pet peeves?** People driving slow in the left lane.
3. **What is your favorite family tradition?** As a family we take a yearly trip to Escanaba MI for the WI/MI tennis tournament.
4. **What is your favorite movie?** Major League, I can recite the entire movie.
5. **What is one thing on your bucket list?** I would love to travel to all 50 states and 7 continents (like my parents have done).



### Winter Wellness

We can all agree that 2020 was a rough year, however, 2021 is here and it is time to start fresh! January is noted as “National Healthy Weight Awareness Month,” but this may not come as a huge surprise to any of us as we are familiar with the plethora of goals we tend to create for the new year, goals that are mainly centered around weight loss and diet. However, the one thing we as a fitness group cannot stress enough is the importance of recognizing your goals as lifestyle changes! As much as mainstream media would like to market a special diet pill, there will never be a pill that will make you lose 10-15 pounds a month, and in the same fashion, you cannot

workout for the first two weeks of January and expect drastic changes to your body. This year, instead of making a goal to lose 10+ pounds every single month, make it a goal to simply put your health first. Prioritize your physical, mental, and emotional health, and the results will come. Some days we tend to feel more motivated than other days, make sure you are listening to your body, if you need a rest day, take a rest day, or if you feel as though you only feel up to walking on the treadmill for 30 minutes, that is OKAY! If you ever speak with our very Nick Hawley, he will always tell you that “anything is better than nothing” so simply show up and do what you can, never be too hard on yourself.



### How to Create SMART Goals!

**S**– **Specific:** well defined, clear, and unambiguous

**M**–**Measurable:** you are able to measure your progress toward the goal you are wanting to accomplish

**A**–**Achievable:** attainable and not impossible

**R**–**Realistic:** within reach and relevant to your life purpose

**T**–**Timely:** a clearly defined timeline, including a starting date and a target date.



Sources: corporatefinanceinstitute.com

