



Colors and lighting play a role in our motivation. We'll take all the motivation we can get, especially with the happy holidays behind us and the rest of the long, gray winter ahead. Lucky for you the main exercise area received a motivating makeover to keep you on track with your New Year's resolutions.

Color

The main exercise area is vivid with the colors blue and orange adorning the walls. But are you aware of what impact these colors can play on your next exercise session? Blue is said to boost productivity enabling you to achieve more in the gym. If you're trying to build muscle, blue is the color for you.

Bright colors enhance alertness. Orange is a combination of red's power and energy and the friendliness and fun of yellow. Orange represents motivation, positive attitude, and enthusiasm. It's also been shown that bright colors increase heart rate and breathing.

Lighting

New LED lights are hanging and gleaming down on the main fitness floor. Lighting, whether it be natural or not, can influence an individual's mood. Brighter lights improve alertness, mood, and productivity. It also lowers melatonin, which reduces fatigue.

May you be healthy, wealthy, and goal-oriented in this year and be a great achiever.

Member Spotlight—Ralph Huelsman

What prompted your journey to good health & why did you make the change?

I was tired of being out of shape. I want to be the healthiest I can be for my kids, and I want to be there for them when they get older.

How did you begin & what wellness/fitness resources did you find support from?

I started by finding a workout partner. Having that motivation and a person to help keep you accountable is key. Participating in fitness incentive programs and engaging in a little friendly competition helps too. I use the InBody body composition analyzer at the fitness center as well as fitness apps to track my progress. Tell people your goals and make it your job to hit those goals.

How do you feel now & where are you in reaching your goals?

The difference in the way I feel is night and day. I'm happy with how I look and my clothes fit better. Even with that said, there is always room for improvement.

What advice do you have for others who may be hesitant to start seeking a healthier lifestyle?

Think about your family and loved ones. Think about your health. Imagine yourself 10-20 years from now. How would you look if you kept on the same track you are now? Would you be healthy? Never let anyone tell you you can't do it. You have to find that inner motivation and never look back. When you reach your goal, don't stop there. Find an even greater goal to achieve. Think of this as a lifestyle change rather than a temporary routine. You can't climb the ladder of success with your hands in your pockets.



Dietitian Corner—A New Year, New Food Resolution: Mindful Eating

This new year, I invite you to set a resolution that will enable you to experience greater appreciation and balance in your life- mindful eating. When we take the time to slow down and be mindful of our actions, we create space to make intentional choices that support our health and well-being. Mindful eating enhances the pleasure and nourishment we receive from food. When you're eating mindfully, you are using all of your senses to savor and taste your food. You are free of distractions such as doing work or watching television to fully focus on how your body feels and what emotions, thoughts, sensations you are experiencing. When we engage in mindful eating, we become more attuned to our body's signals of pleasure, hunger, and fullness. We become aware of the nourishment the food provides, understand emotional triggers that promote thoughts of eating, and enable us to adopt a non-judgmental mindset. Many people have found this practice helps alleviate stress, guilt and anxiety around food and alleviate problems like high blood pressure and digestive issues. Eating mindfully, with kindness, a nonjudging mind, and full awareness, can be learned and practiced daily with snacks and meals. Try beginning with just one snack or meal using the 7 tips below.

7 Tips to Incorporate Mindful Eating:

Take a Mindful Check-In. Before or during a snack or meal, bring your awareness to your breath, pause, and then notice any thoughts or feelings that may be present, particularly any in relation to the food you are about to eat.

Check in with your hunger and fullness level before eating. Close your eyes and focus your attention on your stomach. Are you experiencing physical hunger or something else? If it's not physical hunger, ask yourself, what am I really hungry for? Your body should naturally feel hunger (3 on the scale to the right) around every 3-5 hours after you eat a meal.

Gaze at the food & take a moment to reflect upon it. How did the food get to you, what went into making it, who and what were involved? Feel a sense of appreciation or gratitude for the food before you.

Enjoy your food with all your senses. Look at the color, texture, shape. Slowly breathe in the aroma and focus on the different smells. Taste the food, first noticing the flavor, texture and sensations of the food in your mouth. Then chew the food, staying present with each bite to fully enjoy the experience.

Taste mindfully. Notice when the taste diminishes and when enjoyment lessens. Use this awareness to help inform decisions about how much and how little to eat, when to stop, and when to eat more.



Check in with hunger and fullness levels occasionally throughout the snack or meal.

Most people enjoy their food and eat comfortably when they are between a 3 and a 7 on the Hunger-Fullness Scale. Stop eating and check your fullness halfway through your meal to prevent overeating.

Practice, practice, practice. While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis. Just like to train your muscles by working them in a gym, you can train your brain with daily practice. Over time, mindful eating becomes more natural. Mindful eating apps such as [Mindful Eating Tracker](#) and [In the Moment](#) can also be helpful to incorporate daily practice.