January APFP Newsletter

From the Office:

It’s beginning to look at a lot like fitness! This has a nice ring to it! Bring in the New Year with new fitness goals, new resolutions for overall health! Let us help you! Share those goals. We can make a new exercise prescription for your aerobic, resistance training, flexibility, core, balance, as all of these components are important in your exercise plan.

We encourage a buddy system or a friend to help you in these new goals for 2019!

Bring a friend along with you to exercise! If they like our program, they reap all the benefits, but you also gain a month extra onto your membership as a bonus for referring them! The gift of health is a wonderful gift you can give anyone all year.

Exercise can help relieve stress, increase your cardiorespiratory fitness (CRF), increase bone density through resistance training, help you lose weight and so much more. Let’s make this a great year ahead for you.

Reminders:

We will be closed Tuesday January 1st and Saturday January 5th.

We will also be closed on Monday January 21st due to Martin Luther King Day.

We plan to reopen for extended hours on Tuesday January 22nd.
Goal setting is an effective strategy to help us accomplish something. It helps with long-term planning and organization to make the goal easier to achieve. Create specific action steps that will help you along the way.

Starting with smaller, short-term goals will help guide you more efficiently and give you feedback on your way to your long-term goal. SMART goals are your best bet when it comes to goal setting. Specific, Measurable, Attainable, Relevant and Timely goals will be sure to lead you to success!

**Non-SMART Goal:**
“I want to be in shape” or “I want to eat healthy”

*A lot of time these are aspirations rather than goals.*

**SMART Goal:**
“I want to exercise for a minimum of 30 minutes at least five days per week by September 1, 2018.” or “I will eat at least two servings of fruits and two servings of vegetables a minimum of five days per week by November 15, 2018.”

You’re invited! Come check out this lecture, you won’t want to miss this!

**FOOD SWAMPS, FOOD DESERTS, AND FOOD INSECURITY**

Edwin K. McDonald IV, MD, is dedicated to improving the health of individuals and communities through nutrition education. His interest in the effects of nutrition on health and disease stem from his experience with Project Brotherhood, an innovative clinic dedicated to providing accessible, affordable care for black men on Chicago’s South Side.

“The future belongs to those who believe in the beauty of their dreams.” – Eleanor Roosevelt