

# *beresponsible.*<sup>SM</sup>

Maintain your 2016 Wellness Resolutions by Being Responsible

In 2015, **Back 2 Normal** launched our “*beresponsible*” campaign. The focus of the campaign was to remind our clients, the community, and ourselves that we are responsible for our bodies’ wellbeing and our healthcare. Each month we have presented our *beresponsible* spotlight, which highlights one client who has done an excellent job being responsible for their recovery and beyond to physical fitness.

The *beresponsible* campaign will continue throughout 2016 and we’d like to kick off the year by helping you maintain your New Year’s wellness resolutions. In the December monthly topic our B2N Performance Coach, Ilene, introduced us to the concept of “outsourcing willpower” and suggested that we reach out to like-minded people who share in our passion to reap the benefits of a healthy, vibrant lifestyle. In other words, get out there and get support.

To help continue our *beresponsible* campaign, Back 2 Normal has implemented a Work Wellness Challenge Program. Each week our team will compete for health and wellness prizes to stay on the path of being responsible. This month is all about getting our 10,000 steps in each day and then challenging ourselves and each other to go the extra mile to reach beyond our step goals. Each month we will add new aspects of health and wellness habits as we cheer each other on to reach our goals. Our Fitbits are charged and ready for competition. What’s your plan to make wellness a priority in 2016?

Here are some things to consider for maintaining your wellness resolutions well into 2016:

- 🔄 **GRAB A COLLEAGUE:** Most of us spend much of our time at work. This is the perfect environment to create a place of support but first, you have to be willing to put yourself out there and be open about your wellness resolutions. Trying to lose weight? Suggest an office challenge. Trying to be more active? Incorporate walking meetings amongst your colleagues.



- 🌀 **START A CHALLENGE.** Here at Back 2 Normal, our team has kicked off the year with a wellness challenge. We are earning points for making healthy decisions, such as getting enough sleep and getting adequate workouts. These points translate into a variety of ways to earn prizes. These challenges are available everywhere! Check out your gym, office, or even social media. There is support and competition to be had everywhere. Follow us on Facebook to check out our weekly wellness challenges and see how our team is achieving their goals.
- 🌀 **TRY A FITBIT.** A FitBit is one of the many activity watches available that tracks different healthy lifestyle choices. The features monitor number of steps taken, floors ascended, and sleep quality. Different options also include heart rate monitoring and GPS tracking for workouts. With one of these tools, you can create a competition with yourself and have a constant reminder of your resolutions with you at all times.
- 🌀 **CHECK OUT THE HEALTHY ST PETE INITIATIVES** at [www.healthystpetefl.com](http://www.healthystpetefl.com) and learn ways the city is striving to empower and engage our community to EAT, PLAY, SHOP and LIVE healthier. Get engaged by downloading the The St. Pete Health Hero App, which is a fitness app that tracks your health and wellness progress. It is a community-based app that allows you to earn rewards for healthy behaviors and group activities. The rewards are for local restaurants and retailers that support the Healthy St. Pete mission. They will frequently add community challenges where we can come together and support one another in our collective mission to make St. Pete a healthier place. Already track your fitness with another app? Health Hero will sync with any others so that you don't have to enter your information twice.
- 🌀 **CREATE SUPPORT AT HOME.** Everyone's home life is different, but there are many ways to outsource willpower to your home. Live with family? Create a challenge amongst them or ask them to remind you of your resolutions. Live alone? Try creating a vision board or placing reminders of your resolutions around your home. For example, if you're trying to get more active, place a yoga mat on your floor and leave it there! It will serve as a daily reminder and a no-excuses space to workout.
- 🌀 **FIND A WELLNESS TEAM.** For many of the clients we have spotlighted on our blog, the key to them being responsible was working with the Back 2 Normal team. We offer an array of services including injury management, Pilates, MELT, life coaching, massage, and more. More importantly, we offer a wellness focused and supportive environment that can help you achieve your goals. Not local? Check out our blog and Facebook for regular wellness updates and creates your own electronic support system.



*Thank you to Jocelyn Wallace for her contributions to this months beresponsible topic. Jocelyn is the B2N Special Project Coordinator and is currently completing her doctorate degree in Physical Therapy at Nova University and will graduate in May 2016.*



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