



THE RESOURCE CENTER WELLNESS COMMITTEE FOSTERING A WORKPLACE CULTURE THAT SUPPORTS HEALTHY LIFESTYLE CHOICES FOR ALL QUARTERLY NEWSLETTER

"Really?"

STARS WELLNESS HAS STARTED USING THE STARS WELLNESS PASSPORT FOR ITS 2023 YEAR. THIS BINDER OF WELLNESS INFORMATION IS GIVEN TO ALL MEMBERS OF STARS AND IS FILLED WITH TOOLS THAT EACH CAN USE WHEN THEY ARE ON THEIR WELLNESS JOURNEY. MOST STARS STAFF REALLY SEEM TO LIKE THEM AND ARE QUITE EXCITED WHEN THEY RECEIVE IT. GET YOURS TODAY BY BECOMING A MEMBER OF STARS!

Healthy Deliciousness

- FEBRUARY IS AMERICAN HEART MONTH. THE FOLLOWING IS A LIST OF THOSE FOODS THAT HELP WITH HEART HEALTH:
- OLIVE AND CANOLA OILS
 - FRUITS
 - VEGETABLES
 - LEGUMES
 - WHOLE GRAINS
 - FISH
 - EGGS
 - SOY PRODUCTS
 - LF/FF DAIRY



Wellness Champion



Briana Matteson

EVERY QUARTER, THE STARS WELLNESS TEAM LOOKS FORWARD TO RECEIVING NOMINATIONS FOR THE QUARTERLY WELLNESS CHAMPION. THIS QUARTER'S WELLNESS CHAMPION IS BRIANA MATTESSON. BRIANA TOOK ON THE CHALLENGE OF LOSING WEIGHT. SHE HAS BEEN SUCCESSFUL WITH A CHANGE IN HER NUTRITION! CO-WORKERS SAY SHE IS A ROLE MODEL TO THOSE AROUND HER. SHE SHARES HER ENERGY WITH EVERYONE BRIANNA REPRESENTS TRC EVERY DAY AT WORK, AT HOME AND IN THE COMMUNITY. CONGRATULATIONS BRIANA!!

Healthy Lifestyle Takeaways

WITH THE TURN OF THE NEW YEAR, MOTIVATION TO CHANGE IS TYPICALLY HIGH. AS THE DAYS PROGRESS, IT IS NATURAL THAT THIS MOTIVATION STARTS TO FADE AND SOME OLD HABITS MAY CREEP BACK IN. MAYBE IT'S BECAUSE MOST PEOPLE FEEL OVERWHELMED AT THE THOUGHT OF A BIG, LOFTY GOAL. THIS IS WHY WHEN SETTING A GOAL, FOCUSING ON THE SMALL, LITTLE AND DOABLE CHANGES THAT ONE CAN MAKE IS SO IMPORTANT. THESE LITTLE STEPS ARE TAKEN AND MADE AND IT BUILDS THE CONFIDENCE, AND MOTIVATION, TO KEEP GOING AND TAKE THE NEXT STEP. MUCH LIKE USING A MAP TO GET TO A DESTINATION, THE DESTINATION IS THE ULTIMATE GOAL, BUT THE FOCUS IS ON THE LITTLE TURNS AND TWISTS ALONG THE WAY THAT WHEN COMPLETED, WILL GET US TO WHERE WE WANT TO GO.

Suggestion Answers

THERE WERE NO SUGGESTIONS MADE AND PLACED IN THE SUGGESTION BOXES AROUND THE AGENCY. STARS ALWAYS LOOKS AT EACH SUGGESTION AND MAKES CHANGES TO ITS CURRENT PLAN. IF YOU HAVE ANY SUGGESTIONS FOR STARS, PLEASE DROP A SUGGESTION IN THE BOX AT YOUR FACILITY. YOU CAN ALWAYS CALL HEATHER COURTNEY AT 661-1571 OR JON DeSANTIS AT 661-1492 TOO. INTERESTED IN STARS? GIVE US A CALL! (NUMBERS ABOVE).