



U.S. Public Health Service Nursing

April 2016 Tip of the Month



Staying Motivated! Maintaining 2016 Fitness Resolutions...

With 2016 well underway, most of us are trying to keep New Year's Resolutions. Here are some helpful resources...

- ◆ **Start simple.** Write down your goals & be realistic! After achieving the smaller ones, move on to longer-range goals.
- ◆ **Do what you enjoy.** Make things fun, because we won't stick with activities we don't enjoy. You can join a sports league, a walking group, or perhaps ballroom dancing!
- ◆ **Make exercise a part of your day.** As professionals, we are busy at work and at HOME. Schedule physical activity just like you would a meeting at work or an appointment with family/friends.
- ◆ **Write it all down.** Track what you're doing day to day. How long did you exercise and how did it feel?
- ◆ **Involve friends & family.** When involving others, we can better stick with an activity.
- ◆ **Reward yourself!** It is important to recognize your efforts and meet your goals.
- ◆ **Be flexible.** Realize that you will encounter challenges. Take it easy on yourself...and be flexible. It's ok to take a break for a day or two to recharge your batteries. Physical fitness is a lifetime habit...so it will take time.

Source: <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20047624>

**Fitness Apps
for 2016**

Click for more information:

<http://www.ubergizmo.com/articles/best-fitness-apps-2016/>

<http://www.pcmag.com/article2/0,2817,2485287,00.asp>

MyFitnessPal Offers a very large database to track food, exercise, and more. Many restaurants are listed in the database, which is very handy when dining out! You set up a profile and then set your goals.

Pedometer++ iOS app where your iPhone becomes your pedometer. There is a special view (widget) available that will remain on your main screen to help you visualize your progress.

Fitness Buddy Offers a database of workouts to choose from. There are over 300 different workouts with the free version, and 1,700 with a paid subscription.

Sleep Cycle Alarm Clock Not only tracks sleep, but also detects when to best wake you up. For example, if the app detects you are in a less deep sleep cycle at 0615, the alarm will attempt to wake you up then...so you should feel less groggy.

PHS-NURSE LIST SERV

TO REQUEST A MENTOR

Points of contact: CDR Anne McMillan, CAPT Lori Luu, & CDR Jonathan Paulsel for the Mentoring Workgroup, N-PAC Career Development Subcommittee.