



# 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**

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