

INDUSTRIAL ATHLETE

Jennifer Myslinski, Chairperson

ACHIEVE YOUR NEW YEAR'S RESOLUTIONS

The holidays are over and I can't think of a better way to start off a new year then to join the Ernest Lofton Fitness Center. The Fitness Center provides services such as blood pressure testing, body fat analysis, fitness assessments and personalized exercise programs. Incentive and recreational programs are run throughout the year. Bulletin boards and fliers are located throughout the building with updated health information. Kickboxing, circuit training, martial arts and yoga are just a few of the aerobics classes offered at the Fitness Center.

The Fitness Center is free to all full-time and retired employees of Local 600, the Rouge Complex, Vulcan Forge, World Headquarters and RenCen Services. Our hours of operation are Monday-Friday 5:30 a.m. – 8:30 p.m. and Saturdays 6:00 a.m. – 4:00 p.m. (Labor Day – Memorial Day). You can contact us at (313) 594-7959 or visit our website at www.dearbor4.ford.com/uawfordfitness/lofton/

New Year's Resolutions

The New Year is traditionally a time to start a self-improvement plan we have been putting off for some time. Determined that this year you will keep those New Year's resolutions? Here are a few goal-setting tips to get you started!

- Don't try everything at once. Make one or two resolutions and concentrate on making them work. Overloading yourself with too many resolutions sets you up for failure. You can always add more resolutions later.
- Choose resolutions you have been thinking about for some time.
- Keep your resolutions positive. Avoid phrases like "I will never do X again". It forces you into thinking of the resolution as something you must do, not something you want to do.
- Make a plan that will help you carry out your resolution to the end. Resources such as books, the Internet, or other people can aid you in your plan.

- Write down your resolution and stick it somewhere you can see it. This will serve as a reminder of the resolution. You may want to change the wording as time passes and your goal changes.

- Have confidence. You need to believe in yourself in order to carry out your resolution.

- At first if you don't succeed try, try again. Determine the barriers that blocked you the first time around and try again.

The Ernest Lofton Fitness Center Staff would like to help you succeed in your New Year's resolutions. Stop in and talk with a Fitness Staff member to see how you can improve your health today!