Mission: Provide excellent health care by promoting wellness and healing through trusting relationships.

Vision: To be the regional center of excellence in health and wellness.

Employee Opinion Survey Results Are In!

It is very pleasing to announce marked improvement in the employee opinion survey results over the 2015 survey, and our goal is to keep that momentum. The results will be utilized! Our goal as an employer is to provide an outstanding environment for employees to excel in their work.

THE PARTICIPATION RATE WAS EXCEPTIONAL at 80% - up from 77% in the 2015 survey. This exceptional level is a clear indication that you care about the hospital, your job and that employees are willing to work to help us improve and remain an employer of choice. Your input is valued!

All 7 Engagement category questions trended favorably from the 2015 survey as shown in this chart.

Looking Ahead

Department feedback will occur during the month of August and your input will be sought for the Action Planning phase. Department leaders will use the employee feedback to develop action plans by October 31. Action plans will identify topics of focus for each department. The hospital-wide initiatives which we will focus on are:

I am challenged to do my best at Good Samaritan.

Good Samaritan is actively working to improve patient safety.

Each department will have at least one additional action plan. Goal completion dates may vary commensurately with the degree of effort required to develop and trial solutions. Some solutions may be simple while others may involve significant process changes resulting in longer completion times.

“I am pleased and encouraged by the results and appreciate the input we received. I continue to believe that open communication and transparency are keys to our journey to provide world class care so I encourage all employees to participate in the department feedback and action planning efforts. Together we achieve great outcomes. I’ve indicated that I want Good Samaritan to be the best job you’ve ever had. The survey results show we are indeed on the right track to providing that experience for many.” - Rob McLin, President and CEO
August’s Shining Star is Miranda Newberry

Ever since she was a teenager volunteering at the hospital, Miranda Newberry, Trauma Nurse Coordinator, has always gone out of her way to help others. She recently was able to help victims of car accidents on two separate occasions. The first was on April 13 when Miranda came upon a crash on Highway 41 near Oaktown. She provided critical aid to a patient that had been ejected from the vehicle. Because of her years of training and the ability to remain calm in stressful situations, Miranda was able to stabilize the patient so they could be transported to the hospital. After this incidence, she contacted INDOT and, through her persistence and determination, learned that they completed a study on the area and were going to improve the dangerous intersection.

On June 15, Miranda unfortunately came upon another accident on Highway 61 where a vehicle had rolled. Not knowing what she would come across as she approached the vehicle, Miranda was relieved to find the teenage driver and her little sister awake and alert. She was again able to provide necessary care to the crash victims and helped in their recovery.

Miranda is committed to the safety of her community and works effortlessly to provide injury prevention education, especially the importance of wearing seat belts. When she is not in the hospital, she is working to improve Good Samaritan’s Trauma care and other ways to educate and prevent injuries. Without recognition or validation, she quietly works every day improving the care of the trauma team and making a difference in our community.

July’s DAISY Winner is Amanda Rothenberger

Emergency nurse, Amanda Rothenberger, was nominated for the DAISY Award by a patient who was experiencing complications with her health. Amanda was by the patient’s side the entire time and made the patient feel like she was Amanda’s number one priority. Amanda connected with her patient not only professionally, but personally as well. The patient was very emotional and Amanda was able to provide caring and compassionate care to ease her nerves before she was sent to surgery.
New this year, we will be sharing our patient experience results in a new format in Highlights and on our Patient Experience posters distributed throughout the hospital. The new format will show our Top Box Percentile Rank for survey questions relating to overall rating and likelihood to recommend in each surveyed area. Full quarterly reports for each area can be found on the Good Samaritan intranet under Department Links > Patient Experience, or by clicking here.
Patient Experience

When we consider the patient experience, we generally think about employees in the hospital who are clinical. They spend their days providing direct patient care. Although these employees are vital to the success of Good Samaritan, it is important to consider how non-clinical staff contribute to the patient experience as well. Each month, we will be featuring departments that help the hospital maintain high patient experience results. It takes all of us to provide world-class care!

ENVIRONMENTAL SERVICES

The Environmental Services Department is made up of 74 individuals who work tirelessly every day to ensure our hospital and physician offices are clean and sanitary for our patients. Whether they are sweeping the floors, cleaning a patient’s room, or taking out the trash, they all do their part in making the patient experience a positive one. One of the first things patients and their families notices about our hospital is how clean it is, which is why that question on patient surveys has consistently received a high score. Good Samaritan is fortunate to have a dedicated Environmental Services team who understand the importance of working together to provide a clean and safe hospital for our patients.

How do you contribute to the patient experience?

“I provide a clean environment for the patient to stay in.”

- Traci Reed

“Sometimes just [providing] a listening ear. They just want to talk.”

- Carolyn Kramer

“I think we contribute a lot by communicating with the patients and by making sure they have a clean, comfortable stay.”

- Kayci Wood

“We contribute by keeping this place clean and sanitized so they can heal.”

- Jon Chamness

Not Pictured: Charlotte Hansen, Lisa Foster, Amy Pearson, Traci Reed, Betty Murry, Mandy Martin, Robin Allen, Cindi Deffendall, Carolyn Kramer, Jon Chamness, Floyd Chamberlin, Cailey Chambers, Ryan Pemberton, Brock Rogers, Mike Hedge, Kyler Smith, David Hill, Evelyn Pollock, Steve Kramer, DJ Smith, Tina Smith, Tammy Horton, Kelsey Sumner, Roger Hawkins, Mariah Glover, Mary Jones, Tammy Gorley, Jeff Parks and Rodney Reynolds

July’s Cultivating Care Winner is Amber Shimer

Amber Shimer was nominated by a patient for the Cultivating Care Award for her devoted care and professionalism. Amber was very quick to respond whenever needed and she developed a friendly relationship with her patient. Following his surgery, the patient was grateful for the comfort and care Amber provided while he was in the hospital. She is an excellent example of what a Good Samaritan employee should be and we are lucky to have her on our team!
## Patient Comments

<table>
<thead>
<tr>
<th>Comment</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>“The staff was very professional. My whole experience was very positive.”</td>
<td>Ambulatory</td>
</tr>
<tr>
<td>“Everyone knew their job and worked well together. Very pleased with experience.”</td>
<td>Emergency</td>
</tr>
<tr>
<td>“The nursing staff and all the people who help them are clearly the very best.”</td>
<td>Inpatient</td>
</tr>
<tr>
<td>“No complaints at all! Very good and outstanding care and help from everyone!”</td>
<td>Outpatient</td>
</tr>
<tr>
<td>“I love my doctor’s office! Very comforting and helpful.”</td>
<td>Physician Network</td>
</tr>
<tr>
<td>“Nurse was very kind and sweet. She was a good listener.”</td>
<td>Inpatient Behavioral Health</td>
</tr>
</tbody>
</table>

### Adam Thacker Named a Rising Star in Health Care for Leaders Under the Age of 40

Adam Thacker, Chief Operating Officer of Good Samaritan was named on the 2017 Becker’s list of Hospital Review for the top 60 Rising Stars in Healthcare Leaders under the age of 40. “To be considered along with some of the names on the list across the nation and the positions they hold is very inspiring,” said Thacker. “I have been very fortunate throughout my career to have exceptional mentors that have given me the opportunity to succeed and sometimes fall in order to continue to develop as a leader. That remains true at Good Samaritan.”

The Becker’s Hospital Review editorial team accepted nominations and conducted an internal review process to select members for the 2017 edition of the list for the top 60 health care leaders under the age of 40. The list seeks to highlight the accomplishments of outstanding individuals who climbed the ranks within their organizations or founded their own innovative businesses.

Many of the Rising Stars have received top honors from professional organizations and impressed their colleagues with expertise well beyond their years. The list includes physicians, hospital and health system executives and health care company innovators.

President and CEO of Good Samaritan, Rob McLin, explained that this award for Thacker was no surprise as his excellence was known by the people of Good Samaritan when he arrived years ago.

“I could not be more proud of Adam and the work he has done in order to have gained the attention of Becker’s for such a distinguished award. The qualities that have made Adam such a fine leader center around his work ethic, communication skills and incredible desire to continuously learn,” said McLin. “Anyone who works with Adam recognizes quickly that he is extremely knowledgeable and owns every part of his job responsibilities. He lives out our values on a daily basis with a caring, compassionate heart and a constant focus on doing what is best for our patients and our team.”

Thacker said when he started his career in health care as a pharmacist he had no idea the path would lead to the C-Suite. “I quickly realized that while I enjoyed the clinical side of health care and working in the pharmacy setting I also had a passion for being involved in shaping an organization’s direction,” Thacker added. “My pharmacy background makes me a better leader and comes into play almost daily with making executive decisions.”

Being recognized on Becker’s list of the top 60 under 40 is no small achievement, and Good Samaritan is proud that one of their own has succeeded in such a strong way.
Men with BPH Finding Relief in New UroLift System Treatment

Good Samaritan Physician Network urologists William Vaughn, MD and Bart DeBrock, MD, are now treating patients with the UroLift System, the first permanent implant to treat symptoms due to urinary outflow obstruction secondary to benign prostatic hyperplasia (BPH) in men 50 years of age or older. Cleared by the U.S. Food and Drug Administration in 2013, the UroLift System is designed to relieve symptoms caused by an enlarged prostate, while preserving sexual function.

Mike Roach, a 65-year-old Odon, Ind. resident, was one of the first patients to be treated with the UroLift System. Roach says he had been struggling with BPH for two years. “It didn’t really stop me from doing anything, but it was definitely a nuisance,” added Roach.

BPH is a normal part of the aging process for men. It occurs with changes in hormone balance and cell-growth factors as most men naturally grow an enlarged prostate. Genetics may play a small role in severe cases, but typically BPH is associated with age and hormonal changes.

Symptoms may range from mild to severe, depending on the individual. Roach said sometimes “my body tells me it’s time and I may not even have to go.” The anxiety of planning for restroom breaks and constant worry led Roach to have mild panic attacks.

Prior to the UroLift System, Roach had tried medication as well as at-home treatments. “It wasn’t working,” he said. After trying several medications Roach said that Dr. Vaughn suggested the UroLift System as he thought “it would take care of most of my problems.”

The UroLift System permanent implants, delivered during a minimally-invasive procedure, act like window curtain tie-backs to hold the lobes of an enlarged prostate open. Patients recover from the procedure quickly, and return to their normal routines with minimal down time. With eliminating lasting sexual side effects and providing lasting relief, UroLift is changing the lives of men everywhere.

“Our hospital system is committed to providing patients with the highest quality, most effective options to address their urology needs,” said Dr. Vaughn. “The UroLift System has an excellent safety profile and provides men suffering from an enlarged prostate a beneficial first-line treatment alternative to drug therapy or more invasive surgery. Importantly, the UroLift System provides fast and meaningful relief from BPH symptoms, improving overall quality of life for our patients.”

Roach said he couldn’t be more pleased with his experience during his treatment. “Everyone treated me very well, the anesthesiologist and surgical team explained everything very clearly and were very reassuring and helpful,” Roach said regarding his procedure. The UroLift System “overall just made me feel better” he added.

For more information on the UroLift System or to schedule an appointment to see if you qualify for UroLift call Good Samaritan Urology at (812) 882-4320.
New Kid on the Block

The arrival of a new baby changes life for everyone in the family. Siblings may be excited or anxious - or both. They too, can benefit from being prepared.

The New Kid on the Block class at Good Samaritan helps young children better understand what to expect when a new brother or sister joins the family. The class is intended for ages 3 to 8 and parents. It is recommended that you enroll your child when you are in your second or third trimester.

To register for this free class, call 812-885-3336. Classes are from 6 to 7:30 in Eva Hill Auditorium.

Remaining 2017 Classes: August 16 & November 15
June New Hires

Engineering
• Corbin Rehmel - Boiler Room Mechanic

Environmental Services
• Mariah Glover - Environmental Services Assistant

Food Service
• Audrey Bedwell - Clinical Dietitian
• Jenna Cummins - Food Service Assistant
• Michelle Dinkins - Food Service Assistant
• Dot Lowe - Food Service Assistant

Nursing Services
• Katie Ash - Multi-Skilled Worker, Rehab Unit
• Taylor Barrick - Emergency Services Technician, Emergency Services
• Evan Chopp-O’Leary - Orderly
• Susan Combs - Multi-Skilled Worker, Rehab Unit
• Samantha Cutsinger - Graduate Extern, Rehab Unit
• Kaitlin Dotson - Graduate Extern, Surgical Unit
• Madison Halterman - Multi-Skilled Worker, Rehab Unit
• Derek Keeler - Graduate Extern, Medical / Pediatrics

Physician Services
• Darrian Baker - Receptionist
• Joslyn Frederick - Receptionist

Samaritan Center
• Tiffanie Bailey - Resource Specialist
• Casandra Brocksmith - System of Care Coordinator

Nurse Assistant - ICU

Performance Excellence

Nic Bowling, CT Lead Technologist, was recently presented with the Safety Role Model Award. After scanning a patient who had presented with stroke symptoms, he noted what appeared to be an acute infarct, meaning that the patient had indeed suffered a stroke; however, the final report was read as normal. Due to his concern for the patient, he requested a re-read of the scan. The second read showed the infarct. As a result of Nic’s questioning attitude, the patient was then able to receive appropriate care. Nic demonstrated personal accountability by speaking up for the safety of the patient. As employees we have a responsibility to speak up if we believe a patient’s safety is compromised. Thank you, Nic, for demonstrating that our patients are your highest priority.

Pictured from left to right: Rob McLin, President & CEO; Nic Bowling; Patrick Richardville, CT/MRI Manager; Kim Barmes, Radiology Office Supervisor; and Mark Schafer, Director of Radiology

Respect in the Workplace

CONNECT WITH OTHERS

By connecting with co-workers, patients, and families, a behavior of respect can be shown. A connection can be made every day as you utilize the 10/5 rule, which explains to make eye contact and smile within 10 feet of someone and then acknowledge with a greeting or friendly gesture within 5 feet. Connecting with Others is the first service standard of behavior listed in the Commitment to Service Excellence, which states to “consider the needs of our customers as our highest priority.” Although the patient is our primary customer, anyone who comes through the door is a customer, including our co-workers, leaders and staff. For those people with whom you work on a regular basis, take some time to get to know them better and be willing to share about yourself. Directors, managers and supervisors can take this a step further and use the knowledge gained from staff interaction and communication by assigning tasks, roles, or other special jobs that utilize individual staff interests, provide an opportunity to learn something new, or allow them an experience to pursue their interest, thereby growing their career. Connecting with others helps supervisors anticipate an individual’s wants and shows a behavior of respect in the workplace.

Check out the latest Respect video by clicking on the link on the Beacon homepage. You can also access the video by clicking HERE.
How did you make the change / what have you been doing? I have made many changes to my lifestyle. I stopped eating foods containing gluten on a regular basis, limited dairy and sugar, and avoid processed foods.

I buy organic foods when possible. We raise our own cattle and plan to add other livestock when I finish school. My family usually has a big garden so we are able to can and freeze produce. I like knowing what goes into or onto our foods.

I drink protein shakes made with almond or coconut milk and take vitamins. I don’t worry much about my calorie intake when I am consuming healthy foods. I exercise intensely at least 2-3 times per week and am getting in some sort of exercise daily.

How did you make the change / what have you been doing? A few years ago I was diagnosed with an autoimmune disease - life was not too much fun at that point. The constant pain, fatigue and drugs with too many side effects made me seek alternative options. I went to see a functional medicine doctor and that changed my life. I made the changes she suggested to my nutrition, added the vitamin regimen prescribed and started using massage and sauna therapies. The pain and fatigue began to improve and I was able to discontinue most of my medications. I also lost about 30 pounds which was a bonus!

After my scare with chest pains early this year, I decided to get healthier. I added exercise into my schedule and recently hired a trainer to help me stay accountable and to push me a little harder.

What motivated you to make the change? I want to enjoy life with my family! I want to be able to have crazy, fun adventures with my kids and husband. I also want to remain active to enjoy things with my future grandchildren I might be blessed with someday.

I am pursuing my MSN to become a nurse practitioner so I had to get back on my feet and find a way to get over pain and fatigue. The journey has been tough but a great learning experience to help me care for others.

Tips for success / staying motivated? Find activities you enjoy and look for activities you can do with family or friends. My trainer is a friend from high school, so we have a lot of fun catching up and challenging ourselves physically. My son is doing weight training so I enjoy some workout time with him. My husband and kids all love the outdoors so we hike, hunt, kayak, fish and have a lot of outdoor adventures.

How have you incorporated this into your life? Time has probably been the most challenging part. I have an insanely busy schedule with 4 kids, my job here, my education, my husband & I run a business, and we enjoy camping, traveling, and doing volunteer work – so, finding time to exercise had to become a priority.

I exercise at lunch or just after work often here at our gym (which is a great place!). I also have lots of weight and exercise equipment at home, so sometimes it is a later evening exercise time. When we are camping, I walk, run, kayak, or swim. I keep tennis shoes and a yoga mat in my vehicle. I have an exercise ball and weights in my office for those busy days so I can squeeze in 10 minute exercise bursts -- I even find myself doing step-outs or squats while I am drying my hair in the mornings! There is always time to be active, sometimes it just takes some creativity.

How has it made you feel? I cannot even begin to explain how much better I feel. I still have flare ups with my health but they are fewer and farther between. I can truly smile and enjoy life again – that is a wonderful feeling. I know God is using my ups and downs to allow me to help others.

Anything else you would like to add? Don’t let a diagnosis determine your health. There are times we are limited physically because of health, but you can still be the healthiest you can be -- that will keep you enjoying life to the fullest. God gives us challenges to help us grow and become stronger.

Always take time for prayer, your family, and some relaxation!
Good Samaritan Board of Governors Approve Building Purchase to Expand Primary Care Clinic

In preparation of Good Samaritan beginning its medical residency program in 2019, the Good Samaritan Board of Governor’s approved the purchase of Dr. Ralph Stewart’s previous office located on 501 S. 6th Street in Vincennes. The Good Samaritan Foundation is donating funds for the $312,500 purchase.

The acquisition of this building will allow for the expansion of the hospital’s Primary Care Clinic where internal medicine residents will also be seeing patients. Plans are to move the Primary Care Clinic from its current location to this larger building to be able to expand services to the community, including dental care and mental health services.

“We are very thankful to have a foundation that supports us in these endeavors that will have such a positive impact on our community,” said Matt Schuckman, Vice President of Operations, who presented the purchase request to the board.

Improving access to care is a top priority identified in our Community Health Needs Assessment and the purchase of this property, along with our medical residency program, is going to help us meet this need,” stated Rob McLin, President and CEO.

“We want to ensure that people in our communities have access to health care no matter their circumstances. With the added clinic space and the addition of our residents, our Primary Care Clinic will be able to treat even more patients who are uninsured or underinsured.”

Good Samaritan is collaborating with three other hospitals, St. Vincent and Deaconess hospitals in Evansville, and Memorial Hospital and Health Care Center in Jasper, to enter this Graduate Medical Education consortium to receive post-graduate residency students from Indiana University School of Medicine and Marian University. Residents at Good Samaritan will specialize in internal medicine and psychiatry and will see patients at the new Primary Care Clinic location, as well as in the hospital.

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Foundation Director Gary Hackney added, “through the foundation’s Second Century fundraising campaign, there were still funds available for building and renovation projects. Our board was fully supportive of assisting in the purchase of this property to be able to expand the Primary Care Clinic services to better meet the needs of our community.”
Good Samaritan Now Offering Groundbreaking New Treatment for Parkinson’s Disease

Joy Uy, Physical Therapist, demonstrates LSVT BIG walking

Joy Uy, Physical Therapist and James Schenk, Occupational Therapist at Good Samaritan’s Rehabilitation Center are certified providers for this Parkinson’s treatment program.

LSVT is a relatively new approach to treatment of Parkinson’s disease involving the concept of neuroplasticity, the brain’s ability to reorganize itself by forming new neural connections throughout life. This approach aims to address the “internal” aspects of Parkinson’s disease symptoms, leading to significant functional movements.

There are two sections of LSVT, BIG and LOUD. LSVT BIG is a standardized treatment protocol, which is customized to the unique goals of each patient including both gross and fine motor skills. LSVT LOUD is customized to the unique communication goals of each person across a range of disease severity and communication impairments.

Over the last twenty-five years, the National Institutes of Health have been researching and developing LSVT BIG and LOUD to help treat patients with symptoms associated with Parkinson’s disease.

Uy says she and Schenk are currently utilizing the LSVT treatment protocol to manage the symptoms of Parkinson’s patients in Good Samaritan’s Rehabilitation Center.

Research on LSVT BIG has documented improved ratings for people with Parkinson’s disease on: faster walking with bigger steps, improved balance, increased trunk rotation, improvements in activities of daily living and improved motor skills. LSVT LOUD documented improvements in Parkinson’s patients on: increased vocal loudness, improved articulation and speech intelligibility, improved intonation, improvements in facial expression and changes in neural functioning related to voice and speech.

Patients usually can see and feel a significant change “after one hour daily” of LSVT treatment Uy said. Results from this treatment are “long term but patients need to carry over tasks and home exercises,” explained Uy. Without continually performing the exercises the improvements will slowly diminish and the symptoms will return.

LSVT treatment consists of 16 sessions of four consecutive days over a four week span for one hour at a time. Each patient is given individualized homework practices and carryover exercises to perform on their own to keep symptoms at bay and continue to increase progress.

Schenk explained that with Parkinson’s disease, a patient’s options are very limited aside from medication. With LSVT rapidly growing, Parkinson’s patients now have the choice of being more independent and having more control over their lives.

“When a patient reports they can move better, easier and bigger now” is the most rewarding part of Uy’s career.

If you or someone you know might benefit from LSVT, call Good Samaritan’s Rehabilitation Center at 812.885.3601 and visit lsvtglobal.com to learn what options are available to you and how to begin LSVT treatment.

When God created Bronie Stiles
He gave her a heart of gold and everlasting smiles
They say everyone is replaceable, I disagree
There is one and only Bronie
I’m honored to have worked with you for so many years
Not seeing your kind face every day almost brings me to tears
Good Samaritan Hospital is losing their very best
I know you’re always busy, but retirement also means rest

This poem was written and shared by John Brashear who works in Nursing Services as an orderly. He wrote this to honor Bronie Stiles who worked in Emergency Services and retired on July 22 after her 38 years of dedicated service to Good Samaritan.
Biometric Testing is Complete!

Employees on the Good Samaritan medical insurance plan who met all four biometric criteria will begin receiving the $12 Wellness incentive in the September 7th pay. Congratulations!

Those who did not meet all four biometric criteria may earn the $12 incentive by choosing to complete a Reasonable Alternative. To do so, contact Susan Yochum, Employee Wellness Coordinator by September 30th, at 812-885-3316, or email slyochum@gshvin.org to begin the reasonable alternative process.

So, how were your results from biometric testing? Were your numbers higher than your bank account? Maybe it’s time to make some changes.

Do you live a healthy lifestyle? You don’t have to be running marathons, eating tofu and sprouts, or meditating for hours to say, yes. A healthy lifestyle is a work in progress, with peaks and valleys, but hopefully always moving forward toward learning more, making better choices, and living mindfully.

Too often eating well and exercising is something we do for a few days or a couple of weeks before reverting back to old, and usually, bad health habits. To kick-start a positive-health mind shift, try treating healthy eating and activity as non-negotiable daily habits. Your “must do” list. Give them the same importance as those meetings you schedule, your hair appointment or the time you spend watching your favorite show.

1. Prioritize your food and activity

Most of us are the victims of our food environments: eating what is available, when we are hungry. Healthy people, on the other hand, plan their food intake religiously and make sure they have the foods they need on hand that will fill them up, but not contribute to long-term weight gain. The same can be said for activity. You simply have to make the time and do it. Do something. Get up and move- in whatever way you enjoy. LIMIT your screen time and prioritize your activity time.

2. Eat the foods that love you, not only the food you love

If you know that processed foods such as cakes, donuts, cookies and fried foods are packed full of bad fat, preservatives, additives and artificial garbage, why do you put them into your body? Once in a while is okay, but eating junk every day for no other reason than you can’t be bothered to eat better-quality food is a poor excuse. Put more fruits, vegetables, whole grains, lean meats and dairy into your diet. Take care of your body, it’s the only one you have.

3. Monitor your weight

Long-term weight-loss data which tracks those who have lost large amounts of weight and kept it off has repeatedly shown that regularly monitoring your weight to ensure it does not creep up is crucial for long-term weight control. Try to hop on the scales at least once a month so you can make changes before your weight starts to increase.

4. Promote health and fitness to the family

If you want to have healthy kids, you have to be healthy yourself. Children, particularly primary school-aged ones, are constantly modeling themselves on the behavior of their parents and other family. If you want them to be active and eat well, you are going to have to set a good example. If you know you need to make health-related changes at home, have a meeting and plan ways you can eat better and move more on a daily basis. Involve the whole family!

5. Go to bed earlier

Adults optimally need 7 to 9 hours of sleep a night. Most of us are lucky if we get the low end of that range. Proper amounts of sleep help reduce stress, helps keep your heart healthy, reduces inflammation, makes you more alert during the day, bolsters your memory, helps you lose weight, and reduces your risk for depression. You will feel better, think better, and look better with a good night’s sleep. Start tonight.

Fit Family Fit Friends

Start making healthier changes for you and your family by registering for September's Fit Family - Fit Friends!

Gather your friends and family and dedicate the month of September to helping each other make better choices!! Track healthy behaviors on the September calendar and turn it in at the end of the month to be registered for fabulous prizes!!!! Call Susan at 3316 or email slyochum@gshvin.org for your calendar and instructions!