

The Buzz

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Happy New Year

Happy Holidays and welcome to the New Year of 2013. The New Year typically brings about change within our lives and all around us. This time of year people tend to look at themselves physically, financially, spiritually, and mentally. This issue of the Buzz is going to focus on a healthier you by dedicating the issue to ways we can all better ourselves in this New Year. As you read this issue, think about ways you can not only better yourself but also help others too. May this issue assist you with any change you may look into making for yourself for the betterment of you.

What's your New Year Resolution?

Below is a list of the most common New Year's resolutions that are almost destined to be dumped by early February. Are you guilty of setting vague and ineffective resolutions like these? Don't worry: We'll show you how to create goals that will motivate you to succeed.

Resolution #1: *I will completely cut out [insert unhealthy vice here]!*

Resolution #2: *I will reach my goal weight by this summer!*

Resolution #3: *I will join a [gym, health club, exercise class]!*

Resolution #4: *I will spend more quality time with my [friends, spouse, family]!*

Resolution #5: *I will max out my savings account this year!*

Regardless of the specific goals you're trying to tackle this year, the best and most effective resolutions are always:

- **Small and easy to achieve** without much extra effort. For example, start by adding just 10 more minutes of exercise per week (as opposed to the lofty goal of an extra hour, five days

per week!).

- **Specific and behavior-focused.** "Eat 3 servings of veggies each day" is a specific behavior that you can observe and measure while "eat healthier" is not easy to define.
- **Designed with a reward in mind.** Hold off on purchasing that new jacket, gadget or smart phone app until meet your goal of exercising five days per week.
- **Taken on one at a time.** Overhauling your entire lifestyle at once can be too intense. Don't be afraid to focus on the exercise first, and start to eat healthier foods later (or vice versa).
- **Reviewed and revised often.** Revisit your goals at the end of each week to see how well they're working for you. Don't wait for the entire year to pass before you evaluate your progress or add in a new challenge.

No matter what goals or resolution ideas you set, there should always be a plan on how to accomplish it. This

happens by setting sub-set goals or smaller goals that will help you with accomplishing your main goal(s).

For example, if someone wants to buy a house, sub-set goals have to be in place before that main goal (to buy a house) is accomplished. Sub-set goals such as clearing up your credit report by paying off any outstanding debit, making sure your bills are paid on time, and saving money for a down payment and/or all the just in cases that come with the maintenance of owning a home.

Preparing for the "what ifs" is another way to help accomplish goals. Having a plan A, B, and C helps maneuver and maintain from pitfalls that could potentially get in the way of goal(s).

Whatever the goal may be, having a plan will increase your chances in achieving the goal.

Good luck with your goals in 2013!

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If you feel self-conscious about your body and size around others or feel extremely jealous of other people



who have lost weight, then it's time for you to focus your energies on your own self-improvement. These feelings may signal something

Self-Check First

deeper that needs your attention. As you might guess, weight-loss isn't just about choosing to eat right and exercise. Many times, it's also about having the self-worth to make a change and believing that you deserve to do something positive for yourself!

Make yourself a priority: Stop comparing yourself to others. Everyone's journey and circumstances are different. So instead of wondering why you weren't blessed with a faster metabolism like your co-worker was, focus on what you love about yourself. The next time you become envious or self-conscious, remind yourself that you deserve good things in life, too, so commit to make healthy choices. Weight

loss isn't a weakness, a desire to conform, or a sign that you're not awesome just the way you are. Every person is worthy of love, respect and self-care—and maintaining a healthy weight is part of that.

Losing weight is hard work, but the change begins with you and it starts right now. If any of these signs describe you, it's time to stop talking about weight loss and commit to it.

"The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

~ William James

Sweet & Leans

Good news, meat and potatoes does not have to be given up. Today there are plenty of lean cuts of beef to choose from. Lean is defined as having 10 grams or less of total fat and 4.5 grams or less of saturated fat per 3½ ounces (check the labels). For a healthy steak, choose London broil, sirloin, tenderloin (filet mignon), T-bone, or flank. When buying hamburger, look for extra lean or lean sirloin. Bottom round, eye of round, top loin, and top round are also lean.

For potatoes, choose sweet potatoes over white ones. Sweet potatoes are high in beta-carotene and vitamin C and provide plenty of filling fiber. To get the most nutrients, serve sweet potatoes with the skin on and avoid topping them with butter or sour cream. Try fat-free Greek yogurt instead (it tastes like sour cream). And remember, you can mash the sweet potatoes or slice them into "fries," and bake them with a little olive oil and the spices of your choice.



Moroccan-Rubbed Grilled Steak and Sweet Potatoes

Keep in mind that there are plenty of other choices besides beef. You can make hamburgers and meat loaf with lean ground turkey or chicken. Pork tenderloin is lean, as are game meats such as buffalo and venison (which also make great burgers). And don't forget to serve seafood. It is recommend that heart patients eat fish or shellfish at least twice a week for the healthy omega-3 fatty acids they provide.

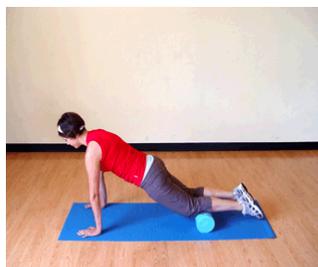
Do Knee Rolls to get a Flat Stomach

Starting Position



Introducing the Foam-Roller

Begin by kneeling on a mat and placing a foam roller behind you. While balancing on your knees, lift your feet and shins off the floor and turn to place the foam roller until it is place under your shins and as close to the knees as possible. Face front and lower your shins on top of the foam roller, legs together, as you place you hands directly under your shoulders. Lift your hips off the floor and engage your abs until you achieve a straight line from the shoulders to the knees.



Action

EXHALE: Keeping your arms and shoulders still, use the abs to roll the foam roller toward your hands, pulling your knees in toward the hips. **INHALE:** Slowly roll back to

the starting position to complete one rep.

Special Instructions

Make sure your arms and shoulders do not move. Do not lean forward. As you pull the foam roller in toward you, it should roll toward your feet; this is why it's important to start with the roller as close to the knees as possible (so it has room to move as you do). Only pull the roller in as far as you can while maintaining good form and a completely stationary upper body.

5 Key Exercises You Could Be Doing Wrong

Here are five exercises that are common—and may even seem simple—but are most often performed incorrectly by people of all fitness levels.

#1 Plank

What You're Doing Wrong

- Placing your hands on the floor too far in front (or behind) of your shoulders
- Sinking into your arms (causing your shoulder blades to "wing" out across your upper back)
- Letting your hips sag and/or your abs relax
- Jutting your chin forward



Fix Your Form: Line up your palms on the floor *directly* under your shoulders and brace your abs into your spine as you extend into plank. Press your arms into the floor and imagine you are lightly gripping the ground with your fingertips to engage your wrists. Your body should be in one straight line (diagonal with the floor) from your heels to your hips to your head. TIP: Imagine you are holding a grapefruit between your chin and your chest to help keep your neck neutral.

#2 Lunges

What You're Doing Wrong

- Stepping too wide (or narrow) with your feet (so that knees don't bent at 90 degrees)
- Shifting your weight and/or torso forward as you bend your knees
- Leaning back with your torso as you bend your knees (pushing your hips in front of your shoulders)

Bending front knee past your toes

Fix Your Form: Begin in a wide split stance (one foot in front of the other) with your bodyweight centered between your legs and your back heel lifted (not pictured). Bend both knees about 90 degrees and lower your body straight down, keeping your spine neutral (shoulders stacked over your hips) and back knee underneath your torso as it bends.



#3 Crunches

What You're Doing Wrong

- Pulling on your head as you crunch (using your arms to lift)
- Closing your elbows in toward the sides of your head
- Pushing with your leg, squeezing with your gluts
- Pressing your belly out as you lift your upper body off the floor

Gazing at the ceiling

Fix Your Form: Clasp your hands behind your head lightly and relax your head into your hands to keep your neck lengthened. Open your elbows wide to the sides and curl up over the top of your ribcage, looking forward with your eyes so that your chin comes slightly to your chest. Relax your legs and gluts and keep your pelvis parallel to the floor (envision trying to balance a wine glass on top of your belly as you crunch).



#4 Squats

What You're Doing Wrong

- Using a slouched, rounded posture (sinking the chest and tucking your tailbone under)
- Bending your knees and lowering straight down with the hips (so that your knees extend past your toes and your hips stay underneath you)

Allowing knees and/or toes buckle (roll inward)

Fix Your Form: Keep your back neutral (there should be a slight natural curve in your lower back), chest lifted. When you bend your knees, press your hips behind you (as if you were going to sit back into a chair), tracking your knees over (but not past) your toes, with your feet and knees pointed forward.



#5 Push-ups

What You're Doing Wrong

- Placing your hands on the floor too far in front of your shoulders
- Bringing palms too close together (for a traditional push up)
- Pushing hips up in the air
- Pressing chin forward and looking up as you lower, or (not pictured) letting your head drop down toward the floor as you lower
- Lowering further than you are able to with proper alignment of the body (as listed above)

Fix Your Form: For a traditional push-up, try to line up the midline of your chest with your thumbs, keeping your hands under your body and wide enough that you can lower your chest straight down in between your hands. Keep your hips in line with your spine (similar to the plank, your torso should form a straight line from your shoulders to your hips to whatever point, knees or toes, is in contact with the floor). Look down to the floor with your eyes—not by bending your neck—to avoid neck strain, keeping neck in line with the spine at all times. Only lower down as far as you can with proper alignment.



If you noticed that you're guilty of even a few of these form guidelines, don't beat yourself up over it. The key is to continue to improve and focus on that form. Proper form is essential to target the muscles you're trying to train while also avoiding injury. So enlist the help of a friend, use a mirror when you can, or consider getting help from a personal trainer for even more insight.

In 2 different locations

GIRLS

Girls Learning About Self-Worth and Self-Esteem



@ Cedar Knolls
January 16th & 30th at 6pm
And

@ McClintock
On Tuesday's at 6pm



YOU'RE INVITED TO BE A PART OF

THE TOUCHED PROGRAM KICK-OFF

TACKLING OBESITY USING CONDITIONING HOBBIES, EDUCATION, AND DIET

SATURDAY, JANUARY 5TH 2013
STARTS 3PM - 6PM

DRILL TEAMS

STEP TEAMS

SPIRITUAL THERAPY

ENTERTAINMENT

LIVE PERFORMANCES

SPECIAL GUEST

CAROL HOEFNER CENTER
610 E. SEVENTH STREET CHARLOTTE, NC, 28202

FOR MORE INFORMATION CONTACT:
DONALD "JD" 704-492-7222 OR NICOLE 704-499-1008

Genesis Project 1, Inc.
Presents

SUBSTANCE ABUSE INTENSIVE OUT-PATIENT PROGRAM

S.A.I.O.P

Monday, Wednesday, & Friday
11:00 - 2:00pm Adults
3:00 - 6:00pm Adolescents
Open to the public

INTAKE REQUIRED
5108 Reagan Drive Suite 14
Charlotte NC 28206-0723
704.596.0505 - Office
By the McDonalds on Sugar Creek

"Well done is better than well said."
"No individual rain-drop considers itself responsible for the flood."
"In the middle of difficulty lies opportunity."
"The one unchangeable certainty is that nothing is unchangeable or certain."
"Never bend your head. Always hold it high. Look the world straight in the face."
"Try out your ideas by visualizing them in action."
"Your altitude is determined by your attitude."
"No one's happiness but my own is in my power to achieve or to destroy."

Start your recovery TODAY!

Note TOUCHED*

January 7th-11th 8am-3pm -Spark PE Training at the Revolution Sports Center
January 14th -Baseline data collection for all sites
January 22nd and 23rd 8am-3pm -Nutrition Training at the Revolution Sports Center

Prodigal Sons

Helping Our Boys

Become

Respectable Men

@

McClintock

On Tuesday's at 6pm

"Job Search & Resume Classes"

"Job Search Tips for Teens"

January 10th 5-7pm
Morrison Regional Library 7015 Morrison Blvd
Presenter: Mrs. Kenya Tood

"How to Write a Resume in 15 Minutes"

January 22nd 1-4pm
The Center for Employment Services 2201 Caronia Street Charlotte
- Registration Required Call 704-714-4051 X 1008
Classroom only seats 12

"How to Write a Resume in 15 Minutes"

January 15th & 30th 9am-12noon
CharlotteWorks members only!

"Interviewing to Win"

January 24th 1-4pm
The Center for Employment Services 2201 Caronia Street Charlotte
- Registration Required Call 704-714-4051 X 1008
Classroom only seats 12

"Secrets of a Successful Resume"

January 24th 1-2pm
The Main Library-Job Center 310 N Tryon
Presenter: Reginald Johnson

"5 Steps in Conducting a Strategic Job Search"

January 29th 1-4pm
The Center for Employment Services 2201 Caronia Street Charlotte
- Registration Required Call 704-714-4051 X 1008
Classroom only seats 12

"White House Internship Program"

The White House is looking for interns for the Summer 2013 program. Spread the word to anyone who may be interested.

Please [click here](http://www.whitehouse.gov/about/internships/apply) or go to <http://www.whitehouse.gov/about/internships/apply> to learn more and apply!

The deadline is **January 27, 2013.**



Ready to Make a New Year's Resolution for a Healthier Lifestyle? Please Join Us to Learn More About "Traumatic Brain Injury and Substance Use"



What: A meeting to learn more about a 12 Step and Substance Use Education group for individuals with Brain Injuries
Who: Individuals with Brain Injuries and Substance Use issues
Family members are also invited
When: Tuesday, January 15, 2013 6:30-8:00pm
Where: Carolinas Rehabilitation, Private Dining Room
1100 Blythe Blvd. Charlotte, NC 28203

This meeting will provide an opportunity to share ideas and needs related to Brain Injury and Substance Use. We will explore details for a 12 Step and Substance Use Education group tailored for individuals with brain injuries.

For more information contact
Rose Griffin, Project STAR: 704-355-9623

GP1



Phone: (704) 596-0505
Fax: (704) 596-0507

We're on the web:
www.genesisproject1.org

Find us on
Facebook

follow us on
twitter

From the Director's Desk

As this new year begins, we know that many of you are starting fad diets or developing other resolutions having to do with finances, health, relationships, joining clubs or groups, etc. We want to propose that all these things are part of the definition of overall wellness. Years ago, Genesis adopted what we call our "Five Pillars of Health". Our pillars promote wellness not only in our bodies, but in our minds, our finances, our relationships, and within our spirit. Wellness is not just a fad diet, or saving to buy something that you really want, or an activity that you engage in temporarily. Wellness includes making a firm decision along with intentional steps towards living a life of fullness, joy, and peace in absolutely every area and continued growth and repair in every area. With that in mind, we encourage you to pay close attention to the information in this BUZZ and to not just tuck it away in a corner in your home, toss it in the trash, or pass it along to others without first taking an honest look at yourself and your life. Really determine if there are ways where you need to continue to reach and grow, areas where you are really struggling and why, and what steps you can take to change. Then actually **DO** something! Get support! Get Moving!!! Wellness is not a fad, it's a journey of a lifetime that begins with one step! So Step on GP Family!

JR & Trasha Black

Genesis Project 1, Inc.
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Charlotte, NC 28206

Place
Stamp
Here
