

Health & Fitness



ARC will honor Knights of Columbus

The ARC (association for retarded citizens) of Luzerne County will honor all the Knights of Columbus organization on Jan. 30 at 6 p.m. at the ARC office, 59 N. Main St., Wilkes-Barre. The Knights of Columbus locally and throughout the state of PA conduct an Annual Measure Up Campaign, selling 6 inch rulers to raise funds for the ARCs throughout the Commonwealth. Members and friends are invited.

Free blood pressure screenings

In recognition of American Heart Month, Wyoming Valley Health Care System's Emergency Service and Health Awareness Departments will offer free blood pressure and stroke screenings, Feb. 5, from 10 a.m.-2 p.m. in the Nesbitt Memorial Hospital lobby, 534 Wyoming Avenue, Kingston.

There will also be information booths aimed at providing interested people with ways to create a heart-healthy lifestyle.

The Health Awareness Department offers this program as part of its continuing series of complimentary health presentations.

For more information, please call 1-800-838-WELL or 552-8632.

Here's how to make those resolutions stick

Ahh, The NEW YEAR! So many of us look forward to the new beginning, only too often to set ourselves up for disappointment. Why? Well, successful resolutions don't just happen, but require some forethought and planning. The star of the new year, brings with it, much optimism for change, but in order for the change to be successful an action plan is required. Here are some tips to bring forth successful behavior change.

- First, you need to acknowledge that a change is necessary. For example, if you smoke and would like to quit smoking, then you and only you need to recognize that this is a behavior you no longer desire. Once the desire to change from within is recognized, then the process of behavior change can begin. However, recognizing a behavior change does not guarantee success. It is through hard and continuous work that changes will occur.

- Secondly, the goal set forth must be realistic. Taking small steps to change will result in more successful change. For example, if increasing your physical activity is your goal for the new year, and you have planned on paper to exercise at the gym 6 out of 7 days in the week, but realistically can only get to the gym 2 days, count on the 2 days and not the 6 days. Don't try and climb the mountain in the snowstorm, but instead, institute the change

into your schedule with a realistic intention, and climb that mountain on a clear sunny day.

- Be sure to have the support of family, friends and co-workers. The more support you experience the greater your chances for success.

- If by chance, you have days that are difficult to stick with your change, don't panic or view yourself as a failure. Instead, learn from the experience and begin again the next day. Research has shown that successful behavior change often takes more than one try.

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