

Welcome to your Wellness Program!

Judging by the responses we've received already—through your e-mails and at the Living Well rollout in June—we're starting up at a great time. Our goal through the coming months and years is to help you and your families live your best lives—at work and at home. At work, we'll teach fitness classes and conduct nutrition seminars. We'll provide you with tips on eating better, getting active, and living with less stress. We'll also lead parades of walking groups and spearhead training for events such as the St. Jude Marathon and Grizzlies House 5K. Then, it's up to you to take what you've learned home to share with your family and friends. Everyone needs and deserves to feel better, look better and live well!



As your Wellness Coordinator, it's my job to listen to you. Your input and participation will shape the program's direction, so please speak up! Send me an e-mail at wellness@stjude.org, or catch me at an on-site activity or an off-site event. This program is about you living your best life, and you are ultimately your own best advisor...with a little help, of course!

Our focus in this first quarter is "Fitting In Fitness." The classes, seminars and activities all center around sneaking physical activity into your day, learning how to eat right when you're on the run, and making the most of the little free time you have!

The **number one** reason that people give for not maintaining a healthy lifestyle (which includes proper nutrition and regular physical activity) is, "I don't have time." This summer, we'll make time together. Little things mean a lot, and baby steps add up...so take the stairs instead of the elevator to that meeting on the 4th floor. Drink water instead of a sugary soda. Take a five-minute stretch break and release some tension in your muscles. It's all for you. And you DO have time.

Starting this month, look for us to start walking groups. You're more likely to stick with a program if you have a buddy or two, so we'll organize small groups to hit the Walking Track in the Plaza level of the Danny Thomas Research Center. As fall approaches, we'll be able to take our walks outside and gear up for the "10,000 Step Challenge," a war of pedometers and shoe leather!

If you missed our information table in June, you can still join our e-mail list and receive periodic Wellness Tips and updates about the Program. Each week this site will have new tips and recipes to help you on your way. We'll stay in touch and all start *Living Well* together!

Kendra Cox
St. Jude Wellness Coordinator

