

## Texas DPS Fitness Wellness Unit

Wellness Tips  
January 2019

January 4, 2019

### For Achievable Goals, the Process is More Important than the Outcome

As resolutions are made for the New Year, it is important that goals are setup for success. Resolutions and goals are frequently created with an outcome in mind versus the process. The outcome describes what is desired as the end result yet doesn't create an effective path or goal for achieving it. Outcome goals often include things such as Lose 15 pounds, Get back on a workout routine or Eat healthier. Unfortunately, the aforementioned outcome goals are not nearly as effective as a process goal. A process goal describes the route that one will take to achieve the desired outcome. Process goals include details of what will be done and specifics of how it will be achieved. In one study (McCollam, K.B., 2011) focused on increasing fruit consumption of 177 participants via different forms of goal setting, those who made a concrete plan, wrote it down, and also visualized how they were going to carry it out (i.e., when, where, and how they would buy, prepare, and eat fruit) increased their fruit consumption twice as much as those who didn't plan or visualize.

Refining the above outcome goals to much more effective process goals may include:

Starting Monday, I will start performing at least 30 minutes of cardio before work each day for 5 days per week and record what I do each day in my spiral notebook for the next 4 weeks. If unable to do prior to work, then my back up plan is to perform after work or on the weekend as a make-up day.

I will get back on a workout routine starting Monday by doing 25 minutes of weights on 3 days per week at lunch with Monday targeting lower body, Wednesday targeting upper body and Friday being a whole body routine and to ensure I progress my weights and exercises, I will record my progress using the notes section of my phone and evaluate my progress in 8 weeks.

In order to eat healthier, starting tomorrow for the next two weeks I will begin tracking how much sugar I eat each day by logging everything I eat and drink in my phone and review daily at the end of the day to see how many grams of sugar I have eaten with the focus on keeping added sugars as low as possible and identify the common sources of where I obtain sugar in order to replace with alternative options.

In the process goals above, it lists what exactly will be done in order to achieve the outcome. When writing your goals for the New Year, to help ensure success review each goal for the following:

When will the goal be started? When will the goal be re-evaluated?

When exactly during the day will it be completed?

What specifically will be done? The number of minutes, days, etc?

How will progress be tracked?

What is the back-up plan?

Based on what is currently being done, is this an achievable?

Adding details to resolutions and goals for the New Year can help ensure success. For additional nutrition, fitness and wellness resources, don't forget to check out [www.dps.texas.gov/ETR](http://www.dps.texas.gov/ETR)

January 11, 2019

### Get Fit Texas! Challenge

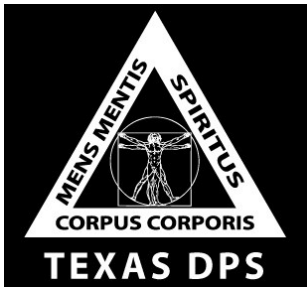
The 2019 Get Fit Texas! State Agency Challenge is coming soon, offering the chance for state employees to get active. The challenge will run from January 21, 2019 through March 31, 2019. We want you to accept the challenge to participate in a friendly agency-to-agency competition to see who can claim the title of Fittest State Agency. By accepting the challenge, state employees strive to be physically active for 150 minutes per week for at least six of the 10 weeks of the Challenge. Look for registration information in mid-January.

Texas DPS is currently holding the trophy for the Fittest State Agency, let's do our best to keep the trophy and show the other agencies what we are made of. This is a great opportunity to start walking, hitting the weights or attending the fitness classes run by the Fitness Wellness Unit. For class times please check out the Fitness Wellness website [here](#).

There is also a workout posted every day on the website, these can usually be done in any gym, and sometimes with just some basic equipment at home. These workouts are 30 minute of high intensity work designed to provide maximum benefit for your time. To find the workouts go [here](#).

If you want any assistance with your goals, please feel free to reach out to the unit at [physiocalfitness@dps.texas.gov](mailto:physiocalfitness@dps.texas.gov). They are happy to schedule you an appointment to measure body fat percentage and/or sit down and provide a fitness wellness consultation (FIP). If you have specific questions regarding the Get Fit challenge, please contact Alexis Schminke, [alexis.schminke@dps.texas.gov](mailto:alexis.schminke@dps.texas.gov).





January 18, 2019

Do you have health and wellness goals, yet aren't exactly sure how to optimally accomplish them? The Fitness Wellness Unit can help.

Have you ever wanted to:

- Run a 5k, half or full marathon
- Lose a few pounds
- Get a little leaner or more toned
- Get help combating Type II diabetes or other health issues
- Determine body composition (percent body fat)
- Overcome weight loss or strength plateaus

Schedule an appointment with a member of the Fitness Wellness Unit by emailing [physiocalfitness@dps.texas.gov](mailto:physiocalfitness@dps.texas.gov) your request.

These Proactive Fitness Improvement Plans (FIP) are individualized, focusing on increasing your overall health and quality of life. Both commissioned and non-commissioned Texas DPS employees throughout the entire State of Texas can take advantage of these services from the Fitness Wellness Unit.

For additional resources from the Fitness Wellness Unit, please visit [www.dps.texas.gov/etr](http://www.dps.texas.gov/etr).

## Texas DPS Fitness Wellness Unit

Wellness Tips  
January 2019

January 25, 2019

### All about hydration!

How much water are you drinking each day? The human body is made of about 60-75% water, making water a vital nutrient for all humans. Water has many important functions in the body to include: regulating temperature, lubricating joints, transporting nutrients throughout the body and transporting waste from the body. Many Americans are not consuming the appropriate amount of fluids each day, and about 75% of Americans are dehydrated. It takes only a 2% loss of total water content for the body to start feeling thirsty. Once at this point the body is already in a state of dehydration. Health issues related to dehydration can include: fatigue, dizziness, concentration difficulties, dry skin, muscle cramps, headaches, bad breath, constipation and mood swings. On average, Americans drink only 2.5 cups (20oz) of water each day when the recommended intake of water is around 10 cups (80 oz) or half of your body weight in ounces. For example, a 180lb individual would want to drink around 90oz of water a day. Don't worry, fruits and vegetables that contain water add to your total fluid intake for the day. So find a reusable water bottle that you like and drink up!! The increased bathroom breaks will only help you to get your 10,000 steps in for the day.

