

Health and Fitness challenge Underway

January 1st marks the beginning of a new project among the McDaniels dealerships from which all employees can benefit: a year-long health and fitness challenge. All employees are encouraged to become a member by obtaining a doctor's release and maintaining a positive mindset about leading a healthy lifestyle.

The challenge encourages employees to get regular physicals and dental check-ups, to participate in simple home exercises or utilize gym memberships, and to take advantage of vaccinations that are offered at reduced prices. The program also provided support for members who wish to quit smoking and tips on how to prevent various diseases and other health problems.

Mr. McDaniels decided to implement this program after seeing impressive results from his own efforts to lose weight and get in better shape. "I want my employees to know that leading a healthy lifestyle is a choice. It doesn't have to be hard if they just take a vested interest in their personal health. I think they will see that it can make a tremendous change in their physical, mental, and emotional well-being. I truly hope this campaign is successful."

The program will last for a one year trial period, at the end of that time Mr. McDaniels will evaluate its effectiveness and decide whether to continue with it or not.

Look for more information about how you can become more involved in the coming weeks.

The contents of the McDaniels wellness newsletters are intended as suggestions only. You should always use your best judgment before taking any of the suggestions. No responsibility or liability will be accepted by the author or by McDaniels for any adverse consequences of any of these or any future suggestions.



Nutrition and Spirituality

Nutrition:

Portion Sizes:

Did you know that typical restaurant portions are nearly twice the size they were fifteen years ago? After our holiday season, maybe portion-size guidelines would be a good place to start. These will help us stick with our new year's resolutions to live a healthier 2007.

Food Normal Portion Size

3 ounces of meat A deck of cards or a bar of soap
(recommended amount for a meal)

3 ounces of fish Size of a checkbook

cheese 1 ounce - size of 4 dice

lettuce 4 leaves - 1 cup

raw vegetables or fruit baseball - 1 cup

1/4 of a regular bagel 1 bread serving

Dried fruit (raisins, apricots) 1/4 cup

Beans and peas 1/2 cup

Carrots 5 - 6 baby carrots

(Carrots are high in natural sugar,
thus the smaller portion)

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Spirituality:

What does spirituality mean to you? For some, it's prayer and going to church. For others, it's positive thinking, meditation or getting outside and soaking up nature. Basically, spirituality is a renewing of our inner self. This renewing is an important part of staying balanced and healthy in our daily lives. What do you enjoy doing in your free time? What makes you feel great or happy? Give it some thought.

Wellness Team Newsletter

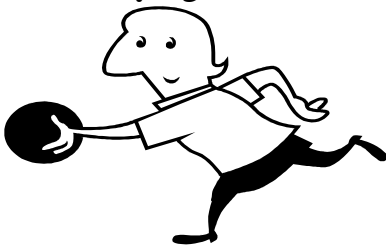


Batter up!

Attention all McDaniels softball fans. We are putting together a co-ed softball team for the spring co-ed league. Registration begins early February. If you are interested in participating, please see Renee Gray. See you on the Diamond.

Attention Bowlers

See Mike Huggins for sign up for the McDaniels league team. The team will bowl on Tuesday nights at Charleston Lanes.



GROUPS AND ORGANIZATIONS THAT CAN GET YOU ACTIVE AND INVOLVED IN YOUR COMMUNITY

The American Red Cross hosts blood drives at various locations. Help save a life. To get additional information call 1-800-GIVE-LIFE.

Charleston County Parks and Recreation offer classes in kayaking, rock climbing, hiking, nature, and more. For more information on classes available call (843)795-4FUN.

The Family Circle Tennis Center hosts a variety of ongoing tennis classes for both adults and juniors. Check into what they have to offer by calling (843)849-5300.

The last Monday of every month, Charleston Therapeutic Massage host a Joint Freeing Series with ken Immer. This class teaches a series of movements designed to move each joint gently and systematically, helping to increase mobility and relieve pain and stiffness caused by arthritis and poor circulation.

Arthur Murray Dance Studio offers a variety of dance classes. Take you spouse, significant other, or go alone and dance. For information about classes offered and fees check out their website at www.arthurmurray.com or call (843)571-6500.

More ideas on how to get active and involved in next months newsletter. Until then you can always look in the newspaper and on the hospital websites.



Get Active!

