



# DECEMBER 2016

## THE YEAR IN REVIEW

With all of the seasonal celebration and travel, it is tempting to loosen the reigns and abandon our wellness rituals entirely. In looking back at 2016, there is no new message or challenge here. We have been doing this all year long. It just so happens that December can be particularly intense. Let's review.

### JANUARY



The clean slate of the New Year is an irresistible time to start new habits. The fitness industry predicts that wearable technology will be the top trend for 2016. The diet industry expects Paleo to stay and fresh meal delivery services to gain momentum.

### FEBRUARY



February is a month of celebration including Tampa's Gasparilla, Super Bowl Sunday, Chinese New Year and Valentine's Day. Whatever you are celebrating, please share the best possible version of your special food and drink with people you love.

### MARCH



Busy bragging could be the result of a hyper-kinetic environment. Buffer yourself from the ravages of our 24/7 world by building recovery time into your schedule. Reduce the frenzy by ditching the clutter and surrounding yourself with things that spark joy.

### APRIL



Dan Buettner shares the habits that connect the oldest and happiest communities on the planet. Despite their geographic dispersion, these populations follow surprisingly similar lifestyles filled with daily activity and work, a diet rich in fresh fruits and vegetables, and spending their time and their money with their loved ones.

### MAY



Six years after losing 100s of pounds, 14 of the 16 of The Biggest Loser Season 8 Contestants regained the weight. Victims of leptin resistance, their brain no longer receives the signal to stop eating. Our current eating environment, including drinking sugary beverages and skipping breakfast, encourages this biochemical signal interruption.

### JUNE



75% of Americans do not take all their vacation days despite the benefits of decreased stress and anxiety, decreased risk for heart disease, increased positivity and creativity, broadened perspective and improved personal relationships. The top justification is fear.

### JULY



Small achievable lifestyle changes sustained over a period of a year lead to significant benefits. I know because I did it.



**the supplement**  
FACILITATING VITALITY



## AUGUST

The athletes at the summer games teach us that recovery is every bit as important as training. And when it comes to medaling at the Olympics, the happiest winner is wearing bronze.



## SEPTEMBER

When adversity gobsacks you, resilience is the ability to recover from it. Resilient people are generally optimistic, positive and can reframe failure as opportunity for learning and growth. Resilience increases with attentiveness to diet, regular exercise and consistent rest.



## OCTOBER

Thanks to the Starbucks' Pumpkin Spice Latte for letting us know that autumn is here. Despite its commodification, pumpkin and its traditional spices pack a serious nutritional punch.



## NOVEMBER

And you thought the debates were over—think again. The next topic of national significance is the great Thanksgiving dressing/stuffing controversy. Regardless of your dressing delegation, Thanksgiving is for gratitude and sharing.



## DECEMBER

While it is easy to abandon your wellness rituals for the holidays, make sure to stay mindful of at least one aspect of your wellbeing each day. The holidays needn't be a slippery slope.

Do the best you can. Enjoy your special celebrations with those you love. Happy Holidays!

## SELECT ONE DAILY WELLNESS RITUAL TO AVOID THE SLIPPERY SLOPE

- Walk 10,000 steps
- Workout at the gym
- Attend a fitness class
- Drink eight 8 oz glasses of water
- Limit caffeine to two servings, consumed before 2PM
- Limit alcohol to no more than three servings per sitting and no more than nine servings per week
- Get 7-8 hours of sleep
- Attend a wellness seminar
- Participate in a run or walk for charity
- Eat five servings of fruits and vegetables per day
- Donate to a worthy cause
- Reconnect with a friend or relative
- Write a thank you note
- Write down three things for which you are grateful



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Patricia M. Fuller has dedicated the last 18 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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