



DECEMBER 2024

www.cantrellcenter.com

Cantrell Corner

The Cantrell Center Newsletter



*Cantrell Wellness
for Christmas*



Give the gift of health - It's the gift that keeps on giving!

Are you considering giving a gym membership as a Christmas gift for someone you care about? That's a great idea, because there is no better gift than the gift of health. There are a couple of things to consider before purchasing a gym membership:

Think about the recipient's needs and wants as well as their recent history exercising. If they haven't exercised in a while, the Cantrell Wellness Center is a great place to start. A study done in 2009 shows that forming a new habit can take anywhere from 18- 254 days, however participants in the study* reported an average of about 66 days. For this reason, we recommend at least a two-month gift certificate for services. If your recipient is already active, a Cantrell Wellness Center membership is still a great gift.

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We have personal training packages and can assist more experienced clients in achieving their specific fitness goals.

NOW is a great time to purchase your gift from Cantrell Wellness. When you purchase your gift before Christmas, we will include the initial consultation free of charge (a savings of \$45)! All our Gift Certificates come specially packaged with one of our highly coveted T-shirts and ready for you to give.

Stop by the front desk and see the Wellness Receptionist on duty or call (478) 953-3535 for more information on how we can help craft the perfect gift for your loved one!

Source: *European Journal of Social Psychology EUR. J. Soc. Psychol. 40. 998-1009 (2010) Published online 16 July 2009 in Wiley Online Library DOI: 10. 1002/ejsp.674 "How habits are formed: Modeling habit formation in the real world" by: Phillippa Lally, Cornelia H. M. VanJaarsveld, Henry W.W. Potts and Jane Wardle

Employee *Anniversaries*



Cristina Alarcon
Physical Therapist
Assistant
1st Anniversary
(since returning)

Stress Less Around the Holidays

The holiday season can be a joyous time, but it can also be quite stressful. There are obligations people have and the idea of a busy schedule along with financial concerns when it comes to gift giving could leave a person feeling a lot of pressure which can lead to stress. It's okay to experience a range of emotions during the season, Neda Gould, Ph.D., clinical psychologist and director of the Johns Hopkins Mindfulness Program at the Johns Hopkins University School of Medicine, shares some mindful tips:



- **Accept Imperfection** - Before you start preparing, acknowledge that things may not go exactly as planned. "It's OK if it's not perfect. Imperfection is healthy and normal.
- **Don't Lose Sight of What Really Counts** - When overwhelmed by the hustle and bustle, ask yourself: Where does this fit in the grand scheme of things? Can I use this moment of frustration as an opportunity to reflect? Even if this moment seems stressful, can I find a way to make it pleasant?
- **Respond with Kindness** - You can't change how others act during the stresses of the holiday season, but you can change how you respond to situations.
- **Rethink Your Resolutions** - Start small. Break your goal into smaller steps over the course of the year. If weight loss is your goal, it doesn't have to be drastic. Be kind to yourself. If you didn't achieve last year's resolution or stray from the path this time around, let it go.



Upcoming Holiday Closures:

Dec 24

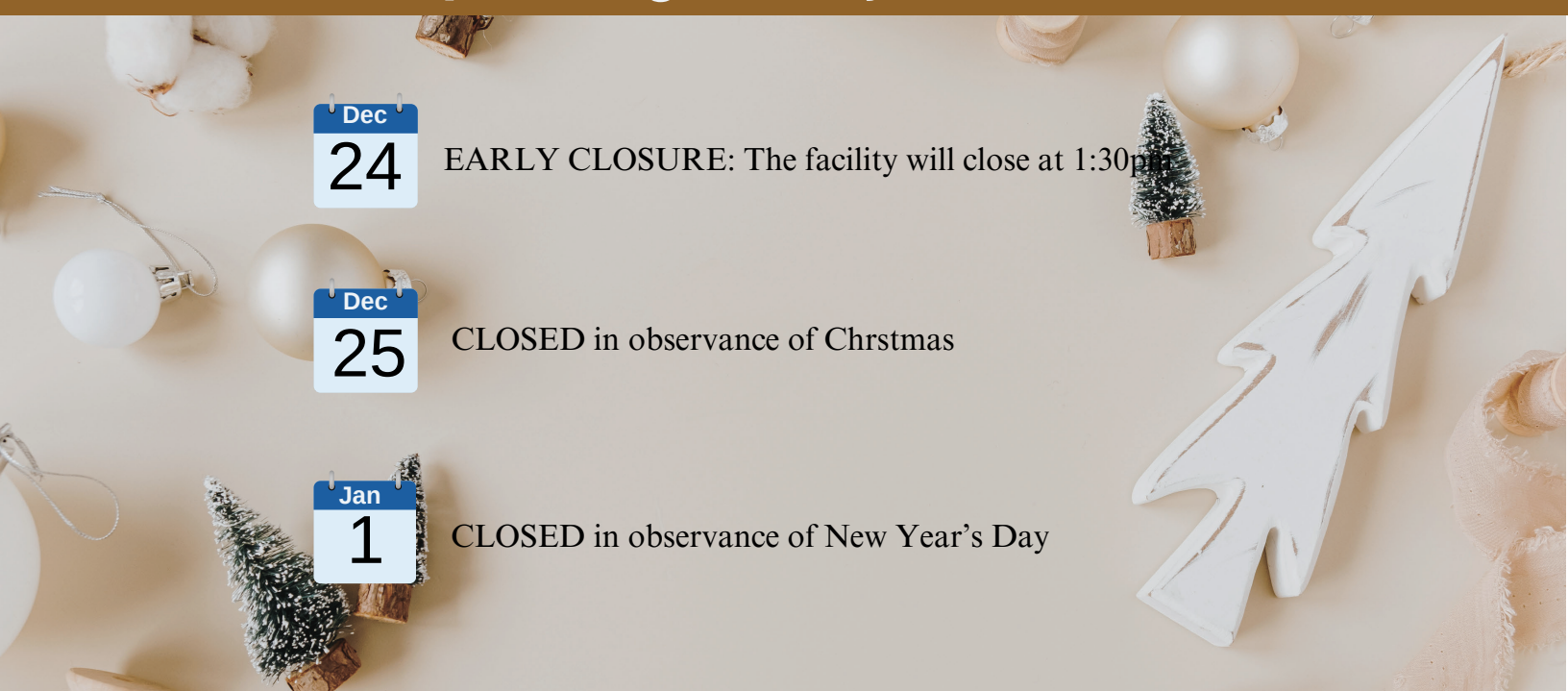
EARLY CLOSURE: The facility will close at 1:30pm

Dec 25

CLOSED in observance of Christmas

Jan 1

CLOSED in observance of New Year's Day



KEEP MOVING, MIDDLE GA!

The Cantrell Center is proud to highlight several races throughout the year as a way to encourage you to keep up the momentum even after you cross the Cantrell Center 5K's finish line.

We want you to KEEP moving!!

Reindeer Run 5K & Fun Run

Saturday, December 7th @ 8:30 AM in Macon, GA



Start and Finish at Beverly Knight Olson Children's Hospital (700 Spring Street). Free parking is available in the Yellow Deck, 1014 Forsyth Street. The race benefits the Children's Hospital. This race is part of the Macon Tracks OrthoGeorgia Race Series.

Museum of Aviation Marathon, Half Marathon, 5K, & Hand Cycle Races

Saturday, January 18th @ 8 AM in Warner Robins, GA



The Museum of Aviation Foundation is proud to bring you the 29th Annual Marathon, Half Marathon, 5K, and Hand Cycle Races. The races are chip-timed. Courses are USA Track and Field certified (Boston Marathon qualifier), and located on Robins Air Force Base. The races begin and end at the Museum of Aviation, 1942 Heritage Blvd, Robins AFB, GA 31098. A virtual option is offered. There will be no walk-up registration on Friday, January 17th, or Saturday, January 18th

Get a head start on other upcoming run/walk events by browsing these online calendars: *Macon Tracks, Run Georgia, Running in the USA, Active.com.*

PAUSED FOR 2025

THE ANNUAL
Cantrell Center 5K
& 1 Mile: the last Saturday in February



SCAN FOR LINK
TO VISIT OUR
OFFICIAL
EVENT PAGE!

After Careful consideration, due to some unforeseen circumstances and logistical challenges, we realize that we must pause the event for 2025.

If you would like to stay informed about future events, please follow us on our social media channels.

Connect with the Cantrell Center online!

@cantrellcenter

@cantrellcenter5K

