



**JANUARY 2025**  
www.cantrellcenter.com

# Cantrell Corner

The Cantrell Center Newsletter



## New Year Special!

**FREE CONSULTS FOR NEW MEMBERS  
DURING THE MONTH OF JANUARY!**

The entire month of January, we are waiving  
the \$45.00 consultation fee to join our  
Wellness Program!

Take advantage of this special offer and get a head start on  
your New Year's resolution!

**Call 478.333.6777 to schedule your consultation today!**



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### WHAT'S INCLUDED IN THE PERSONALIZED WELLNESS CONSULTATION?


- Fitness Assessment including: height, weight, blood pressure, body mass index, body fat percentage, oxygen level
- One-on-one Consultation including: personalized wellness counseling tailored to meet your wellness goals
- If you're interested in our Land Program, you'll receive a personalized fitness plan suited to your fitness level and medical condition




Refer your friends to the Cantrell Wellness Center. When they join, you'll win a free Cantrell Center T-shirt and Cantrell Bucks to use towards your membership or Cantrell Center services such as classes and personal training!

**1st Member** =  Get a **FREE Cantrell Center T-Shirt!** + **\$10.00** in "Cantrell Bucks"

**\$10 CANTRELL WELLNESS BUCKS \$10**  
YOUR NAME HERE!  \$\$\$  
\$10

**EACH ADDITIONAL MEMBER** =  Get **\$25.00** in "Cantrell Bucks"

**\$25 CANTRELL WELLNESS BUCKS \$25**  
YOUR NAME HERE!  \$\$\$  
\$25



## Employee Anniversaries



We congratulate Arthritis Foundation Certified Aquatic Instructor, Donna Amos, on

*20 years*

at the Cantrell Center!



We proudly offer the Arthritis Foundation Aquatic Program (AFAP) right here at the Cantrell Wellness Center!

Our arthritis class is intended for those with arthritis or other physical conditions that call for low-intensity pool exercise. In this class, Arthritis Foundation Certified Instructor, Donna Amos, leads range-of-motion exercises that keep the joints fluid and moving. Donna knows the benefits of exercise because she's battled rheumatoid arthritis for 39 years.

"Keep moving so you can keep moving" is not only her motto, but something she lives out on the daily! If you've never tried out this class before, give us a call at (478) 333-6777 to see if you're eligible for 2 free visits!

# Tips for New Year's Resolutions

It's that time again--time to set goals for the year ahead! New Year's resolutions get a bad rap, but they don't have to. With the holidays behind us, January is a fresh start to leave last year behind. Sunshine Walton, a recent Physical Therapist Assistant graduate, shares her tips for staying on track:



## 1. Practice Healthy Eating Habits

- Eat a balanced diet with proteins, carbohydrates, and healthy fat. Aim for a variety of foods.
- Stay hydrated-- water is key for health and weight management.
- Practice mindful eating; avoid distractions like TV during meals.

## 2. Incorporate more Exercise Routines

- Strength training builds muscle & boosts metabolism.
- Cardio activities like running, swimming, or cycling can boost cardiovascular health.

## 3. Focus on Mental Health

- Manage stress with meditation, deep breathing, or hobbies.
- Prioritize sleep by establishing a regular sleep schedule. Create a restful environment by avoiding screens before bedtime to improve sleep quality.

## 4. Goal Setting and Tracking

- Use SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound)
- Track progress with journals, apps, or fitness trackers to monitor your progress and make adjustments as needed. This will help with your reward system. Celebrate milestones with non-food rewards to help keep you motivated.

## 5. Overcoming Challenges

- Aim for consistency rather than perfection. It's okay to have off days.
- Keep your routine interesting by trying new activities or recipes to avoid burnout.
- Seek support from friends, family, or online communities to stay motivated and accountable.

Setting realistic health and fitness goals for New Year's resolutions involves making sustainable changes. Consistency is key, so aim for small, incremental steps and seek support from friends or communities to stay on track. Focus on being kind to yourself rather than putting immense pressure on yourself to reach unrealistic expectations.

For additional information or if you have any questions, please feel free to contact one of our expert trainers!

# 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. We want you to KEEP moving!!

## 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

## 7th Annual Kiwanis January Jaunt 5K

Saturday, January 25th @ 9 AM in Macon, GA



This is a great opportunity to support the Kiwanis programs and scholarships supporting middle Georgia youth. The 5K is a cross-country trail race. The Pig Trail at Georgia's Industrial Children's Home is rated the best trail in Macon by AllTrails. On-site registration is from 7:30 to 8:30 on the day of the race.

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.*

## Word Search



CANTRELLCENTER

- HABITS
- NEW
- POSITIVE
- YEAR
- REFLECTION
- GOALS
- HEALTH
- HAPPY
- GAMES
- CHANGE

J	X	K	Z	X	Q	C	B	Q	S	Q	N	E	W
H	G	R	G	R	O	A	U	K	X	L	Y	K	U
P	I	V	E	Z	W	N	G	G	B	D	R	F	I
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T	M	L	M	J	K	L	S	T	L	S	E	B	K
I	S	M	E	A	N	C	C	O	I	K	F	I	H
V	Q	Y	S	H	L	E	H	J	D	O	S	T	A
E	M	D	E	S	C	N	A	K	B	Q	N	S	P
S	C	G	D	A	D	T	N	X	V	G	E	I	P
Q	S	M	O	V	R	E	G	Q	D	N	Y	P	Y
H	E	Y	Q	Y	S	R	E	S	O	S	E	W	H