

REAL LIFE LESSONS

FROM TRUCK DRIVERS INJURED AT WORK



A NEW MOTIVATION FOR AN OLD RESOLUTION

This past summer a driver by the name of William was getting out of his truck when his foot slipped off of the step. Because he was using three points of contact he held-on and didn't fall. But because William weighed in excess of 300 lbs, the trauma to his shoulder nearly ended his driving career. According to his doctor his weight also slowed his recovery. A double dose of reality – William's injury was not only caused by his excess weight, it was also his weight that kept him from recovering as quickly as he should. At the urging of his doctor, William resolved to lose weight and get in-better shape during the upcoming year.

Whatever the motivation is for improving your personal health and wellness, New Year's Day seems to be an appropriate time to start fresh. Here are a few tips for keeping your New Year's Resolution

1. Be realistic – The surest way to fall short of your goal is to make your goal unattainable.
2. Plan ahead – It should be planned well before December 31 arrives.
3. Outline your plan – Decide how you will deal with the temptation to skip that exercise class or eat that desert.
4. Make a “pro” and “con” list – It helps to see a list of items on paper to keep your motivation strong.
5. Talk about it – Don't keep your resolution a secret. Tell your coworkers, friends and family members who will be there to support your resolve to improve your health.
6. Reward yourself – This doesn't mean that you can eat an entire box of chocolates if your resolution is to lose weight. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution.
7. Track your progress – Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated.
8. Don't beat yourself up – Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.
9. Stick to it – Experts say that it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new healthful habits will become second-nature in no time.



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