



CITY OF SALISBURY

Wellness Committee

Newsletter

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KEEPING YOUR NEW YEAR'S RESOLUTIONS

by Becca Brown

2020 is officially here and that means it's time to make those New Year's resolutions. Resolutions are great for setting yearly goals, and setting yourself up for success in the coming year. But with resolutions comes the difficulty of actually keeping them. Many resolutions lose momentum in the first week to two weeks after New Year's Day and in a world that moves a million miles a minute and is always searching for the "next big thing," sticking to a plan of any kind becomes difficult and easy to shrug off. Julia Dhar is the cofounder of BeSmart, a behavioral economics initiative that strives to better understand the psychology behind people's decision making processes and the ultimate outcome of their actions. In an article published in Forbes Magazine, Julia provides a few pointers

that will help you keep yourself accountable this year, and stick to your New Year's Resolution.

Set specific goals and write them down: Getting down to the tiny details of the goals you are setting for yourself will prove to be beneficial in making your goals "real." Writing them down helps to keep you focused on your specific goal(s) throughout the year, and keep you ultimately on track.

Make your goals public: Yeah, you read that correctly. Post your goals on Facebook, keep everyone in the loop via Snapchat, talk about them with coworkers, friends and family members. This is a great one because we are keeping ourselves accountable by bringing other people into the circle and letting them know this is something you wish to accomplish this year. No one wants to let anyone down, or back out of something they said they were going to do, therefore keeping you accountable.

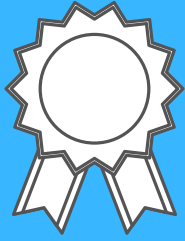
Introduce third-party accountability: The difference between this and making your goals public is actually inviting someone to be a part of the process of reaching your goal. This could be meeting you for a run every morning, agreeing to take a walk with another person or group of people every day during lunch. This can also be achieved through phone apps such as MyFitnessPal, Todoist, Google Tasks, and the reminder app that comes automatically loaded onto all iPhones. These apps allow you to give them access to notifications on your phone, and send you push reminders when it is time to log your food intake, go for a run or any other task you want to keep up with.

**Have
suggestions for
the Wellness
Committee?
Click [HERE](#) to
email us!**

HEALTH & DIVERSITY CORNER

Hypertension, or high blood pressure, is especially common among African-Americans. High blood pressure can contribute heavily to increased risk of heart disease or stroke. As an African-American how do you address these concerns? Winston Gandy, M.D., a cardiologist with the Piedmont Heart Institute suggests "Get checked, then work with your medical professional on your specific risk factors and the things that you need to do to take care of your personal health."

[READ MORE HERE](#)



JANUARY CHALLENGE

**ATTEND ALL 6 SBY EMPLOYEE YOGA
SESSIONS AT SOUL YOGA STUDIO**



BENEFITS OF YOGA

**Increased flexibility and
muscle strength and tone**

**Improved respiration,
energy and vitality**

**Maintains a balanced
metabolism and aids in
weight reduction and
circulatory health**

**YOUR DECEMBER
CHALLENGE IS TO
ATTEND ALL 6 WEEKS OF
THE FREE YOGA
SESSIONS AT SOUL YOGA
IN SALISBURY!**

**JOIN LAUREN GILMORE
AND WIND DOWN ON
TUESDAY NIGHTS FOR
HER 5:30 P.M. NON-
HEATED FLOW**





EMPLOYEE SPOTLIGHT: CHIMERE BLAKE

Q: Before working for the city of Salisbury, what was the most unusual or interesting job you've ever had?

A: Go Kart track attendant

Q: What skill would you like to master?

A: Being able to play music by ear

Q: What is your biggest fear?

A: Bridges

Q: Have you ever won a trophy or medal?

A: Yes, a first place trophy for a basketball free throw contest in elementary school

Q: If money was no object, what would you do all day?

A: Buy scratch off tickets

Q: Who would play you in a film?

A: Zoe Saldana

Q: Who would you want with you if you were stranded on a deserted island?

A: Bear Grylls

Q: Not counting your current job, what would be your dream job?

A: Professional Gamer

Q: What landmark would you visit if given the chance?

A: Bluejohn Canyon in Utah

Q: Given your choice of turning any activity into an Olympic sport, what would you have a chance to medal at?

A: Parallel parking or texting with one hand

Q: What TV show could you never live without?

A: Game of Thrones

Q: If you had to eat one meal every day for the rest of your life, what would it be?

A: Lasagna

Q: If there were an unexpected snow day, how would you spend it?

A: On Xbox

Q: What was your favorite Saturday morning cartoon as a kid?

A: Teenage Mutant Ninja Turtles

Q: If you could live anywhere, where would it be and why?

A: Iceland, the Northern Lights are amazing

Q: What is something people would be surprised to know about you?

A: I have a sneaker obsession

Q: What is your motto or personal mantra?

A: Progress, not perfection

Q: The top three highlights of your life are:

A: Watching my godson, Hayden, being born, seeing my very first concert and graduating from college

Q: Do you have any pet peeves?

A: People who wear Nike and Adidas at the same time

Q: Describe your personal style in one word

Skater



RECIPE OF THE MONTH:

Healthy Mozzarella Sticks



- 10 whole-grain Melba toasts
- 1/3 cup whole wheat breadcrumbs
- 1 tbsp minced fresh oregano
- Kosher salt and freshly ground black pepper
- Large pinch ground cayenne, optional*
- 2 large egg whites
- 1 large egg
- 1 clove garlic, minced
- 1/3 cup whole wheat pastry flour or unbleached all purpose flour
- 8 sticks part-skim mozzarella string cheese, halved crosswise
- Olive oil cooking spray to coat the cheese sticks
- 1/3 cup store-bought marinara sauce, warmed for serving

Directions:

- 1** Pulse the melba toasts in a food processor to make semi-coarse crumbs; transfer to a medium bowl or dish. Mix in the breadcrumbs, oregano, 1/4 teaspoon each salt and pepper and the cayenne if using.
- 2** Whisk together the egg whites, whole egg, garlic and 1/4 teaspoon each salt and pepper in another bowl.
- 3** Put the flour and 1/4 teaspoon salt in a resealable plastic bag. Add the cheese pieces to the bag, close and shake to coat. Dip one piece of the cheese at a time in the egg mixture first, and then roll firmly in the breadcrumb mixture; then dip the same piece again in the egg mixture followed by the breadcrumb mixture. (Note: Use one hand with the dry mixture and the other with the wet mixture.) Place on a parchment paper-lined plate or baking sheet. Freeze for 15 minutes, or up to overnight.
- 4** Preheat the oven to 475 degrees F. Transfer the frozen cheese sticks to another baking sheet. Fully coat the cheese sticks with the olive oil cooking spray. Bake until golden, about 12 minutes. Sprinkle with additional salt and pepper to taste.

Serve immediately with the warm marinara sauce.

SNACK CORNER



ALDI Pure & Simple Bars: Apple Pie & Peanut Butter Cookie

Try one of these gluten free, vegan, low sodium fruit and nut bars! Not only are these bars tasty, but they are nutrient-dense with whole grains and seeds. Try on top of a smoothie or yogurt for something different!



UPCOMING EVENTS

**Tues/
Thurs**

FO Functional Fitness at the Field Operations gym from 5:00-6:00 p.m.! All City employees are welcome to join colleagues for a structured workout or you may do your own!

1/7-2/11

Free Yoga Classes for Employees at Soul Yoga Studio in Salisbury. Every Tuesday from 5:30-6:45 p.m., join Lauren Gilmore of Soul Yoga for her Tuesday night non-heated soul flow! Six sessions total, six chances to decompress and center yourself for the week!

1/17

Pure Fitness Open House Event at their facilities! 30-minute gym tours begin at 12:15 and 1:15!

1/17-1/31

Pure Fitness Membership Discounts for City of Salisbury employees!

**NEXT
MONTH: SOUPER BOWL**