

Visions Expands Health Prevention and Workforce Development Partnerships

Visions proudly announce its newest partnership with The King Center in Atlanta. The partnership affords Visions to expand its health prevention educational awareness and screening expertise by coordinating the inaugural Health and Wellness Forum. The Forum includes a separate Youth Expo that focuses on nutrition and physical activity. The event, scheduled for January 10, 2009, kicks off the annual Martin Luther King, Jr. Celebration. The event is free and open to the public.



The Vision
An organization of quality of the
national health, safety and
wellness professionals.

Teaming with STAND, Inc., Visions is contracted to provide life and job readiness skills to nearly 350 ex-offenders over the next 3 years. Funding is being provided through a federal grant by the Department of Justice.

Personal Health

Tip

Give your metabolism a boost... eat a well balanced breakfast.

♥As you sleep, your body's metabolism slows down so when you awake, your body needs food to get it going again.



Professional

Success Tip

Master your online job search...

- ◆Follow the instructions.
- ◆Prepare multiple resume formats.
- ◆Avoid generalizations; use a professional titled resume'.
- ◆Use niche' boards and specialty sites.

Contact Information

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A Weighty Matter...

By Bob Beerman

There has been a lot of talk recently in the news about obesity in our country. Adult obesity has doubled since 1980 from 15% to 30%, meaning that now nearly two-thirds of adults in the U.S. are either overweight or obese.

The consequences of this are a variety of serious medical conditions such as diabetes and heart disease. Obesity is a contributing factor to over 20 chronic diseases such as diabetes and heart disease, as well as some cancers, arthritis, and even Alzheimer's disease and dementia.

I am someone who has struggled with my weight more and more the older I get. I have tried going through days eating as little as possible and have gone through multiple diets and weight loss fads with little success. And working for Frito-Lay for 30 years did not help. I now know there are no short cuts to a healthier life but, doing just a few simple changes to a daily routine can lead you to a healthier lifestyle.

Getting started toward a healthier lifestyle can seem to be an overwhelming task but it is imperative that we need to find ways to make healthy choices easy choices.

With that in mind, there are three simple things that you can do to start your healthier lifestyle:

1. Choose meals with 300-500 calories instead of what society tends to offer which are well over a 1,000. Add a salad (lite-dressing) and have water instead of some of the high calorie, high sugar drinks.
2. Take a 30 minute walk most days of the week.
3. Drink six to eight glasses of water a day.

These small changes will not change your body overnight but will change it over time. You must change your lifestyle in a way that is sustainable which means putting an end to "diets" and fads.

Contact Visions to learn other ways to begin a new and healthier you!

Upcoming Events

Dekalb Council of PTAs

Title I Parental Involvement Conference
Friday, October 11, 2008
7:30 pm - 12:30 pm
Avondale Middle School
3131 Old Rockbridge Road
Avondale Estates, Georgia 30021

REACH for Wellness

Health Promotions Specialists Meetings
Every 3rd Monday
6:30 pm - 8:30 pm
Martin Street Church of God
148 Glenwood Avenue SE
Atlanta, Georgia 30312

King Holiday Health & Wellness Forum

January 10, 2009
11 am - 4 pm
The King Center
449 Auburn Avenue NE
Atlanta, Georgia 30312

Contact Visions for interest in participating in any of these events. www.info@vsns.org