

## Spring is Coming, Really

### Personal Health Tip

Do we burn more fat during the winter?



For a long time it was thought that because it was cold, we would burn more fat. Technically, it's

true. The body's ability to generate heat when its cold is by increasing metabolism. Doing so requires a tremendous amount of body fuel or, fat to keep the body temperature stable. Therefore, the body burns more fat. However, it is not a permanent solution to weight reduction. That can only be achieved and sustained through healthy lifestyle changes throughout every season of the year.

### Professional

### Success Tip

Spring clean your vernacular by minimizing the use of four letter "C" words:

♦**Can't**, implies lack of confidence. Asking for help will bring out your best.

♦**Copy**, though no one wants to re-invent something that works well, be original, innovative and creative in the design of your own work when opportunity presents.

♦**Chat**, all forms of communication are important, and in the workplace our conversations should be strategic and focused on the tasks of the day.



### Contact Us

Send questions, comments re-

quests for information to L. Neicey Johnson: [ljohnson@vsns.org](mailto:ljohnson@vsns.org)

To unsubscribe send reply to [www.info@vsns.org](mailto:www.info@vsns.org)

### Newsletter Staff

Ardell Jones  
Yao Seidu



Despite the lingering winter months and record inches of piles of snow across the nation, spring is coming, really. During this time of wait, let us focus our attention on preparation.

You must first have vision before preparation. If your springtime vision is to improve your economic standing or find a job, then prepare. If your vision is to loose some extra pounds or improve your healthy lifestyle, then prepare. Make it a point to get STARTED in realizing your goal. As Zig Zilar would say, "you don't have to be great to start, but you have to start to be great."

Follow these four simple principals suggested by Natalie Ledwell to get you started in realizing your goal.

1. Be clear about what you want and commit to it on paper.
  - I want to loose 30 pounds before June.
2. Consistently focus on your goal and visualize it with emotion.
  - Create a visionary board with pictures of yourself weighing less.
3. Start to take action in the direction of your goal.
  - Consult with your physician on a meal plan that works for your and your lifestyle.
4. Become a "manifesting" magnet.
  - Maintain a high and joyful vibration to attract what you need to be successful.

Neicey Johnson sums it up like this, "Vision without action is a daydream. Action without vision is a nightmare. Have both vision and action and be witness of your own success."

## Empowering People in the Community

### 22nd Annual King Holiday Celebration

Visions is proud to have been selected to plan and coordinate the Second Annual Health & Wellness Forum for the King Holiday in Atlanta. This year's event featured the renowned Hip Hop Doc, Rani Whitfield from Baton Rouge and Naci Mai of Detroit. Although the weather was less than cooperative, snow in the south, the event was a huge success.



Events were made available for healthcare professionals to teens, tweens and children of all ages. The highlight of the event were the youth and the adult spa. The events were moderated by former Miss Teen USA, Camille Sims and Farris



Christine Watkins, niece of Dr. King, addressed the youth. Paradise Massage provided spa-like treatments, including facials and chair massages. Adult health information, screenings and food demonstrations were also provided. Screening tests valuing over \$3,000 were provided at no cost to those attending.

Visions THANKS to all vendors, supporters and participants for being part of the event's success.



St. John, U.S. Virgin Island

## Our Leadership and Supporters 2010—2012 Board of Directors

Visions is proud of its diverse leadership for the next two-year term. In addition to new members, the Board elected new officers and committee chairpersons as well.



- Robert Beerman, Frito-Lay, retired,
- Darrell Elligan, Immed. Past President, Atlanta - Concerned Black Clergy
- Suzanne Fuller, Global Lead, LLC
- L. Neicey Johnson, ED, VSNS, inc.
- Ardell Jones, Baptist Health Systems
- Track McClintock, Govern't Relations
- Becky McMinn, Quest Diagnostics
- Yao Seidu, GA Depart. of Agriculture
- William Turner, Southern University

For more information about Visions, its leaders, supporters and programs, visit the website at [www.vsns.org](http://www.vsns.org)

## 2010 Upcoming Events

- March 13th, 10am— 2pm  
Health Awareness & Screening  
Greenbriar Mall, Atlanta
- March 20th, 9am — 4pm  
REACH Out Student Blood Pressure  
Measurement Training  
AU Center, Atlanta
- March 27th, 2pm — 6pm  
Health Awareness and Screening  
Smyrna, GA
- May 2nd, 6am — 10am  
Semi-annual Charity Day Sale\*\*  
Belk, Stores, nationwide
- June 20th 10am — 6pm  
Real Men Cook, Atlanta

\*\* Contact Visions for your Charity Day Sale ticket  
[www.info@vsns.org](mailto:www.info@vsns.org)