

Arthritis Foundation® Leader Links

Quarterly Report Forms Are Due January 15th!

Please remember that the Quarterly Reports will be due on **January 15th**. If you have not already done so, please submit them as soon as you can! Download your [Quarterly Report Form](#) now and fax or mail it on in!

We now have Program staff person in Oregon! If you are in Oregon please send your quarterly reports to Liz Kelly in our Portland office. If you are from Washington or Alaska, Annie will look forward to receiving your forms. Thank you!

Keeping an Exercise Journal

Jot down details of walks and workouts to up your consistency and results.

Like a food journal, an exercise log provides accountability and a means of encouragement. "The most important factor in any exercise program is consistency," says Neil F. Gordon, MD, medical director, Center for Heart Disease Prevention and Management at St. Joseph's/Candler Health System in Savannah, Ga. "Tracking the positive or negative effects of each activity allows people to recognize trends, so they can see what works for them and what doesn't, and then revise their program to achieve maximum results," he says.

Seeing positive trends in your exercise journal is a great motivator, and your entries can be shared with your doctor, so she can see you are complying with recommendations and making progress. You can get free exercise journal sheets at www.bodyforlife.com, use a plain notebook or purchase paperback or hardback exercise journals at most bookstores or online.

(Arthritis Today, September– October 2007)

To read more about this topic please [click here](#). Please [click here](#) to track your exercise.

Making Exercise a Habit for the New Year

Of three top ways in which you can make life better – decreasing stress, reducing pain and sleeping better – exercise helps you do all three. When you are ready to improve the quality of your life, you'll want to make exercise part of your lifestyle. How? Remember that an exercise lifestyle is lived one moment at a time and that quality of life is revealed by each choice you make in each moment.

Attitude matters! Your thoughts and feelings support your actions, your actions support your steps, your steps support your behavior and your re-peated behavior becomes your life-style.

For the full article from Arthritis Today please [click here](#).

Featured Leader



Steve Reiland is our featured leader for this month. He works out of Crista Shores Senior Living on the Kitsap Peninsula. At Crista Shores he is both the Chaplain as well as a Fitness Instructor. He has been an instructor of Arthritis Foundation classes for a year and his enthusiasm for the class is a delight to all. He does a phenomenal job not only teaching but reporting. His enthusiasm continues to motivate his participants to keep moving.

Steve's class is taking kicking off the New Year but helping Launch the Let's Move Together campaign with a public education program.



On January 12th the Arthritis Foundation is rolling out a new campaign called, "Let's Move Together." The goal of this campaign is to inspire, support, and aid us all to move a half hour a day every day. While not everyone can keep up with that pace it is the goal of the campaign to have people work up to it, whether that means starting out at 15 minutes a day or even five minutes, we hope that this will motivate you both to stay active and join us at one of our local area walks to celebrate your success later this year.

On the Let's Move Together website, there are a variety of tools to help you with your goals of staying active. Staying active can be as simple as cleaning your house or gardening; it doesn't necessarily mean working out at the gym. Sign up today for inspiring, motivating, information on moving every day at [Let's Move Together](#).

Watch your local tv for news of the Let's Move Together campaign on January 12th!