

my true inspiration for this article comes from the relationship I have developed with a special family here in Jamestown. What they have achieved as a family is nothing short of remarkable. Not only did this family have a member that lost more than 100 pounds, but also another that lost 70 pounds and one more that lost 50 pounds. Having the privilege of working with every member of the family gave me a unique perspective on the power of creating a positive social support circle.

You too can harness this power. Go out and add some more fitness-minded people to your life. If

you don't have anyone, find someone. If you've got one person, find a second. If you've got two people, find a third. Find a workout partner. Join a group fitness class. Find a friend who's done what you want to do and ask for help.

If you're not surrounded by a strong social support circle – people who can help you, people who inspire you and people you can lean on – then that's one of the first things that needs to improve in 2010.

Jason Vieira is a personal trainer and co-owner of Balance Sport and Fitness in Jamestown. □

EFFECTIVE COMPETENT COUNSELING PSYCHOTHERAPY & EMDR

Helping Couples, Individuals & Families with:



849-5600

Health Insurance &
Medicare Accepted



- Marital Communication Reconciliation
- Post Traumatic Stress
- Depression • Anxiety
- Sexual Problems
- Other Personal / Emotional Issues

Dr. Charles Heffner, Ph.D.

Board Certified Clinical Diplomat

Licensed in RI & MA

Clinical Counseling Associates

226 Bellevue Ave. Ste 1 • Newport, RI



Photo from the 2010 Penguin Plunge

Ready to take the
plunge into
a healthier 2010?

**Personal Training
or Group Fitness**

Call Elizabeth at
917-776-7055

Urgent & Walk-in Care

Monday - Friday, 8 am - 6 pm

Saturday, 8 am - 4 pm

Family Medicine Physicians

Women's Health Physicians

Lab and X-Ray Services

Digital Mammography

Ultrasound

Occupational Health Services

Anti-Coagulation Management

Physical Therapy

Travel Clinic



GET THE CARE YOU NEED, WHEN YOU NEED IT.



SOUTH COUNTY HOSPITAL

MEDICAL & WELLNESS CENTER

3461 South County Trail (Route 2)

East Greenwich, RI 02818

Urgent & Walk-in Care: 401 471-6740

All other services: 401 471-6777

With the opening of the South County Hospital Medical & Wellness Center, you can now access comprehensive health services in a sparkling new facility right on South County Trail. The Center's board-certified physicians and experienced professional staff provide a broad range of medical and wellness services in a convenient location. Open six days a week. For more information, call the numbers at left or visit www.schospital.com.