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Introducing CADENCE your Wellness Newsletter from UpTick  
Wellness. JUNE 2015

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# CADENCE

Wellness Newsletter



## Why Cadence?

A cadence is the flow or rhythm of events, especially the pattern in which something is experienced. It is usually associated with a musical composition or a signal of events commonly found in an athletic competition or a military campaign. In most coordinated events there is some tempo, pulse or rhythm to a sequence of actions. A cadence will usually set those events in motion and sustain its existence.

In a corporate wellness context, we title our newsletter Cadence to reflect our ethos, a signal or rhythm which:

- sets in motion and sustains initiatives that maximize individual performance,
- fosters organization development, and
- facilitates societal cohesion.

Cohesion? Cohesion is defined by the United States Marines as the bonds of trust between members of a group in these variations:

- Horizontal Cohesion – among leaders,
- Vertical Cohesion – among leaders and its subordinates, and
- Societal Cohesion – among an organization and its society.

At the root of cohesion is the stability of the individual. The individual capacity level is a function of her consumption and readiness to respond to stressors that can impact performance.

Our piece by Uptick Wellness Partner and Registered Dietician Rebecca Mohning

addresses Cancer prevention agents citing the disease as the leading cause of disability claims for organizations.

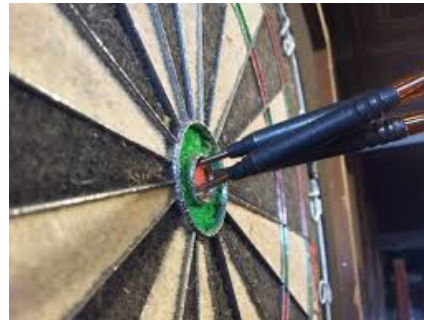
The execution of our mandate is propelled by Sport Psychology and Organization Development principles. Deeanna Burleson, OD Consultant and Phd candidate contributes to our issue. To inspire the individual, relentless optimism must persist to remove those barriers that impact performance. In order to maximize the performance of its employees the environment must be ripe for initiatives to flourish.

Persons that exemplify high achievement while incorporating wellness in their work environments will be interviewed and celebrated in our monthly blogs. Starting in the July issue of Cadence we celebrate District of Columbia Metropolitan Police Department Assistant Police Chief Patrick Burke he shares how his force thrives in an environment where some police officials are struggling with issues of abuse and mistrust at the national level.

As wellness architects and curators our aim is to inspire, inform, maximize and facilitate the design of initiatives that foster individual readiness, cohesion, mitigate risk and enhance performance.

--Julian Tait, [Principal Uptick Wellness](#)

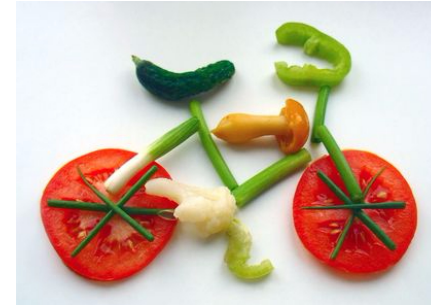
## Sports Psychology: Understanding Your Why



The meeting of “sports” and “psychology” is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. Sports Psychology involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors.

Techniques may range from visualization, relaxation, coping mechanisms, goal setting, and stress management to building both confidence and concentration skills.  
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# Top 5 Cancer Fighting Foods



**Our diet has a lot to do with our risk for cancer.**

The American Cancer Society estimates that in 2015 about 171,000 cancer deaths will be caused by tobacco smoking alone. In addition, approximately one-quarter to one-third of the 1,658,370 cancer cases expected to occur in 2015 can be attributed to poor nutrition, physical inactivity, overweight, and obesity.

Here are 5 of the top cancer-fighting foods [READ MORE](#)

# Organization Development & Wellness



You may ask, “How does my wellness develop the organization”? Organizations are made up of people unless it is an organization of only machines. However, even if this was the case a human most likely made the robot so there is still a human link to even an organization ran by robots. [READ MORE](#)



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