

# JANUARY 2013 NEWSLETTER

## 10 Tips to Help You Achieve Your New Year's Health Goals

With the new year comes the opportunity for a fresh start. For many people, this means leading a healthier lifestyle and losing weight. If this is your goal, follow these tips to stay on track.

- 1. Find Your Motivation** What is motivating you to lose weight? Do you want to look better in your clothes, feel more energetic, or simply improve your health? Get clear about what you want, and then use that to inspire you throughout your journey.
- 2. Have a Plan** If you were to go on a long road trip, you wouldn't just jump in the car and go. If you did, you'd arrive hungry, tired, and fatigued. That's the same way you'd feel if you jumped into a whole new lifestyle with no planning. Before January 1st arrives, outline the changes you want to implement and decide how you'll fit them into your schedule. Keep in mind that it may be best to take steps rather than tackle everything at once.
- 3. Make Goals** Goals help measure progress. If you don't know where you want to end up, you won't really know how to get there. When making your goals, you need to make SMART goals:  
\* Specific \* Measurable \* Attainable \* Realistic \* Timely  
For example, a SMART goal would be something like, "I will walk for 15 minutes 3 days for one week." Or, "I will prepare one new healthy recipe each week for the month of January."
- 4. Track What You Eat** Looking closely at what you eat is often an eye-opening experience. Use a journal to keep track of everything you put into your body. You don't have to do it for the rest of your life, but it is a great habit to start. Tracking will help you tweak your diet so that you can still enjoy foods you love without sabotaging your weight loss or healthy eating efforts.
- 5. Use Reliable Resources** It may be tempting to try a fad diet, but these are usually unrealistic, difficult to maintain, and sometimes even dangerous. Instead, find a reliable source of information to help you understand nutrition. You can consult a registered dietitian in your area. An RD is specially trained and can give you tips and tricks to help you achieve your specific goals.
- 6. Eat Breakfast Every Day** Surely you've heard that breakfast is the most important meal of the day. It is! Eat a big healthy breakfast as early as possible. It will give you more energy, lead you to make healthier choices during the day, and keep you feeling full so you eat less later on.
- 7. Fill Up on Vegetables** Vegetables are filled with nutrients, water, fiber, and very few calories. If you fill half of your plate with vegetables, you'll get fuller faster and cut down your calories without feeling deprived. Use herbs and spices to jazz up vegetables instead of using butter and/or salt to flavor them.
- 8. Exercise** In order to burn calories at a faster rate and build a healthy body, you'll need to incorporate exercise into your life. Take it slow at first, and then increase your time and/or intensity once you feel comfortable. If you haven't exercised in a while, talk to your doctor to make sure that you are healthy enough to begin an exercise plan.
- 9. Take It Slow** A major mistake many people make when trying to tackle a health resolution is trying to do everything at once. This is almost always a recipe for disaster. Spend a few weeks just trying to achieve 1-2 goals at a time. When you have established new good habits, put a couple more goals on your plate. Remember: You want to make permanent changes, and these will take time to implement.
- 10. Be Prepared for Lapses** A lapse is when you temporarily "fall off the wagon." This is a normal part of the process; no one is perfect. It is important for you to take a moment to recognize that you got sidetracked, but don't use it as an excuse to throw in the towel. Every day is a new chance to start over, so return to your healthy lifestyle immediately. <http://www.fitday.com/fitness-articles/nutrition/10-tips-to-help-you-achieve-your-new-years-health-goals.html>

## Dr. Oz's belly-busting new year's soup

- \* Minutes to Prepare: 7
- \* Minutes to Cook: 15
- \* Number of Servings: 4

### INGREDIENTS:

- \* 1 (14.5 oz.) can of fire-roasted tomatoes with green chilies
- \* 1 (15 oz.) can of Garbanzo beans, drained
- \* 2 cloves of garlic, chopped
- \* 2 cups chicken broth (can use up to 4 cups)
- \* 1/2 cup chopped cilantro
- \* 1/4 cup lime juice
- \* 2 Tbsp chili powder (optional - spicy enough with out this)

### DIRECTIONS:

Puree the tomatoes, garbanzo beans, garlic, broth and chili powder (if used), in a blender (in batches if necessary) transfer mixture to a medium large pot, bring to a boil, lower heat and simmer for 10 minutes. (if using immersion blender, you can process the ingredients directly in the cooking pot). Before serving, stir in the lime juice and add cilantro. Enjoy!

### NUTRITION INFO:

**Calories:** 134.9 **Fat:** 1.7g **Carbohydrates:** 25.4g **Protein:** 5.8g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1908676>



## Belly Dancing

with Taroub

Come try for **FREE**

**Tuesday January 22<sup>nd</sup>@12pm** or

**Wednesday January 23<sup>rd</sup>@6:30pm**

## *New Year's Resolutions You'll Want to Keep*

Is eating healthier one of your New Year's resolutions? Following a fad diet, or being overly restrictive, will not help you or your family achieve your health goals.

Healthy eating does not mean boring, tasteless foods. Try these simple yet sensible steps that will help you adopt a healthier diet, without feeling deprived.

**Fill the plate with colorful vegetables** There are many more vegetables to try than just lettuce and tomatoes! Bright-colored and dark green leafy vegetables are especially loaded with vitamins and antioxidants. They are also high in fiber, which makes them very filling. In addition, they are low in calories good to help trim waistline. When you fill up your stomach with veggies, they will be less likely to feel the urge to binge on other high-fat or processed foods.

**Snack on fruits - fresh or dried** When feel like snacking, grab a fruit instead of chips or cookies. Like vegetables, fruits are high in antioxidants and fiber and low in calories. To make it fun, use yogurt or hummus as a dip. This way you'll get some calcium as well as protein – which helps feel full longer. And don't forget about dried fruits. Mixing them with whole-wheat breakfast cereal and nuts makes a nutritious school snack.

**Look for alternatives to processed meat** Instead of always packing sodium-loaded processed ham sandwiches, try using leftover high-quality protein from the night before. How does a grilled fish burger, teriyaki chicken breast sandwich sound to you? These protein alternatives are usually nitrate-free and more heart health friendly.

**Choose whole grains** Whole grains got their well-deserved attention since 2005 when the 2005 Dietary Guidelines for Americans publicly recommend eating at least 3 servings of whole grains every day. Not only are they high in fiber, whole grains also contain an array of antioxidants not found in fruits and vegetables. The easiest way to increase whole grain intake is to replace some of your refined-grain products. For instance, use whole-grain bread instead of white bread when making lunch sandwiches. Substitute half the white flour with whole wheat flour in your regular recipes for cookies, muffins, and pancakes. Toss brown rice, wild rice, or barley in your vegetable soup. Or snack on popcorn instead of chips on family movie nights. (Yes, popcorn is a whole grain!) Don't forget, you don't need to completely wipe out all refined grains. You can always try serving half whole wheat/half refined as a starting point. In Canada, check out the new non-profit organization, Healthy Grains Institute, for their consumer resources on the health benefits of whole grains.

**Un-HPF** Highly processed foods (HPFs) are considered the true culprit for obesity, not carbs, gluten, or meat! Frozen fish sticks have almost 12 times more fat than natural fish fillet; chicken nuggets have 4 times more fat than chicken tenders! You can easily chow down a bag of chips or a chocolate candy bar with 300 calories; 300 calories is what's in a lunch size 6-inch sub sandwich! So, stay clear from HPFs and start eating wholesome, natural foods instead.

<http://www.healthcastle.com/eat-healthy-new-year.shtml>



**And the Winner is... SUE SANDERS for the month of December!**

**3 HEALTH TIPS FOR WORKAHOLICS** No time to cook at home or think about eating. And, there is no time to exercise either! Does this sound like you? Here are some tips to getting out of workaholic mode and into a mindful, healthy lifestyle mode.

**1. Prioritize and Make Lists** The first step is to figure out what is most important to you. Create a list of your top 3 most important things for the day. Do this for the week, and every day. For example, number one may be eating dinner as a family, number two may be getting a work project done, and number three may be exercising. Focus on doing the 3 things first and foremost. Do the top ranking things on your list first. Do not let yourself do the lesser ranking items first. Making a list is the key to success. It helps us improve our productivity, decrease forgetfulness, and make the most out of every day.

**2. Bring Lunch to Work** This is one of the most important rules for keeping weight off. Bring a lunch, and if for some reason you can not bring a lunch, at least bring a supply of snacks (or keep them at work). This helps prevent you from skipping meals, keeps energy levels maintained, and helps you avoid fast food and poor restaurant choices. Always keep nuts with you so that if you know you can't get to lunch until the late afternoon, you have a back-up snack to hold you over. Bring other snacks like fresh fruits, raw veggies, hummus, boiled eggs, yogurts, and non-candy trail mixes.

**3. Wear a Pedometer** There is no reason a workaholic can't do this! Simply put it on when you get up. The goal is to reach 10,000 to 12,000 steps every day. This is essential for health. Then, if you see that you have reached your goal, you can count that as your activity for the day! It is an easy way to stay active. A pedometer is also a great motivational tool. If you see that you are at 8,000 steps near the end of the day, it helps motivate you to go walk a few more minutes to meet the goal.

<http://www.learnvest.com/2012/10/3-health-tips-for-workaholics/>