

How to Set S.M.A.R.T. Goals

The New Year is here, which means New Year's resolutions are being set. Many people resolve to start exercising, but quit a few months later because they don't see results. If you want long-term success, be clear about what you want to accomplish. To help you succeed, use the S.M.A.R.T. (Specific, Measurable, Achievable, Relevant and Time-bound) goal process.

Specific - Make sure your goals are precise and stated in performance terms. For instance, if you want to lose weight, your goal might be "to lose 15 pounds in the next 10 weeks." If you want to improve your athletic performance, your goal might be "to complete my first 10K race in the next three months." If you want to improve your body composition, your goal can be "to reduce my body fat by 20 percent within the next six months."

Measurable - A goal is measurable when it is easy to determine if it has been accomplished. The weight loss goal listed above is easily measured. Ten weeks from now you will either weigh 15 pounds less or not. Likewise, with the performance and body composition goals, it will be easy to determine if you are successful. Conversely, a goal to "reduce my risk of disease" is not very measurable. A better goal is to "reduce my LDL cholesterol by 20 points within the next year."

Achievable - One of the biggest mistakes people make while setting goals is that they set unattainable goals. Goals should be set high, but they must also be realistic. A goal to lose 20 pounds in four weeks is both unrealistic and unhealthy. Likewise, if you are new to running and set a goal to finish a marathon in two months, you're setting yourself up for both failure and pain. Make your goals challenging, but attainable.

Relevant - Your goals should be important to you. Don't set a goal just because your friends, family members or exercise partners have set that goal. Your goals are your motivators to continue exercising, so make sure they are important to you.

Time-Bound - Make sure each goal has a specific time frame for completion. This allows you to easily determine if it has been achieved. It also increases the likelihood that you will accomplish each goal since you know the clock is ticking. For example, the goal "I want to lose 15 pounds in 10 weeks" has a time frame. Edited from: <http://www.active.com/fitness/articles/how-to-set-s-m-a-r-t-goals>

9 Ways To Avoid Cracked, Dry Skin This Winter

Let's just put it out there: winter and skin are **not** the best of friends. At this point in the season, your door can't hang one more heavy coat and your online shopping cart is full of one too many scarves, but let's not forget about the most essential part of winter: the ongoing battle with dry skin. As the temperatures continue to drop, the dry environment and lack of moisture allows for cracked hands, chapped lips and scaly legs. Ev. This winter weather demands an upgrade to your skin care regimen, because nothing complements that seasonal vampy lip more than a hydrated, glowing face. Read below for the basic rules to follow for skin care this winter. **Source:** http://www.huffingtonpost.com/2014/11/22/dry-skin-winter_n_6186726.html

- 1. Moisturize, moisturize, MOISTURIZE.** Moisturizing is an essential part of our skin regimen, but it's particularly so in this dry, freezing weather. Be sure to choose a product that is specific to your skin type and remember to apply within a few minutes of bathing to trap much-needed water.
- 2. Don't rule out the humidifier.** Yes, it takes up space and, yes, it's not the first item on your Christmas list, but the added vapor will hyper-hydrate your skin and help prevent a flaky, itchy outer layer.
- 3. Vaseline is your best friend.** Dry feet? Check. Dry elbows and knees? Double check. Lather up, ladies and gentleman, that little plastic container is your go-to all winter long. From lip balm to foot cream to makeup remover, this gooey substance can "fix" just about anything.
- 4. Keep a bottle of hand cream in your purse or on your desk.** Cracked-hands? No thanks. Keep your hands soft and healthy this season by keeping a bottle on hand -- those mini bottles of lotion make great stocking stuffers, by the way.
- 5. Don't shower in super hot water.** We know it's tempting, but showering in scalding temperatures tends to dry out your skin even more. Hot water removes natural oils from the skin, and the more oils removed, the drier the skin becomes.
- 6. Brush your lips with a toothbrush to get rid of that excess skin.** Because NO ONE likes chapped lips.
- 7. What about those dry under-eye patches? Hello, Aquaphor.** It may be in the Vaseline family, but Aquaphor is the advanced therapy you need to survive the chilly season, specifically for those exceptionally dry areas.
- 8. Ditch the drugstore makeup remover wipes and reach for the cold cream cleanser.** The towelettes may be convenient, but the cold cream cleanser moisturizes & removes makeup. Skin care products with added alcohols, and sulfates not only irritate but dry skin, too.
- 9. Never forget Chapstick.** EVER.

Bonus: Don't shave your legs as often! Hairy is better than scaly and who cares, you're wearing pants anyway.

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Miracle Salve for Hands, Feet, Face & Body

Ingredients:

- * 3 tablespoons beeswax pellets
 - * ¼ cup coconut oil
 - * ½ cup avocado oil or other oil of choice (sweet almond, olive or jojoba make great choices, too)
 - * 2 tablespoons shea butter
- optional: 20 drops essential oil of choice

Instructions:

Add a few inches of water to a skillet and place on your stove at **medium low** heat. Place a glass jar in the water and add your beeswax to the jar. Allow the beeswax to melt - this takes 15 or more minutes.

Once the beeswax has melted, add the remaining oils (except essential oil) and shea butter and let melt - this takes an additional 15 or more minutes. You don't have to stir - the oils will naturally blend together.

Once everything is melted and liquid, remove the jar from heat and add in your essential oil, if using. Pour liquid into jars of choice and place on the counter for a few hours to harden. You can speed up the hardening process by placing the jars in the refrigerator for at least a half hour.

Notes: If you struggle with patience, it will take a ton of willpower to not crank up the heat to make the beeswax and shea butter melt faster. But just grit your teeth and be patient because we want to preserve the beneficial, healing enzymes in these ingredients. So we have to melt them SLOWLY over a low heat so we don't harm them :)

* If you would like a softer salve, use 2 tablespoons of beeswax instead of 3.

Source: <http://www.primallyinspired.com/miracle-salve-recipe-free-printables/>

Miracle
Salve



EGGS BENEDICT BREAKFAST SALAD 4 servings

This high protein, low-calorie salad has everything that makes eggs Benedict a breakfast favourite including a creamy lemon dressing that stands in for hollandaise sauce. It's super-satisfying and a great way to start your day. Pair it with a big mug of Earl grey tea.

INGREDIENTS

- * 1 tbsp. white wine vinegar, plus more for poaching the eggs
- * 1/2 small onion, chopped
- * Kosher salt and freshly ground black pepper
- * 2 tbsp. plain, low-fat yogurt
- * 2 whole-grain English muffins
- * 3 tbsp. olive oil
- * 5 oz Canadian bacon, cut into 1/4-inch strips
- * Zest and juice of 1/2 lemon
- * 5 oz mixed greens (8 cups)
- * 4 large eggs
- * 1/2 cup red&yellow grape tomatoes, halved

DIRECTIONS

- Fill a large, wide pot with about 3 inches of water and a hefty splash of vinegar. Bring to a low simmer.
- Meanwhile, heat 1 tablespoon of the oil in a large nonstick skillet. Add the onions, bacon, a pinch of salt and a few grinds of pepper, and cook, stirring frequently, until the onion and the bacon are browned in spots, about 5 minutes. Remove from the heat, and let cool. Put the remaining 2 tablespoons oil and the vinegar, lemon zest and juice, yogurt, 1 tablespoon water and 1/4 teaspoon salt in a jar or other container with a lid. Secure the lid, and shake well to combine. (The dressing can be made a day ahead; shake well before serving.) Toss the greens, tomatoes, onion-bacon mixture and dressing in a large bowl. Add salt to taste. Divide among 4 salad bowls. Toast the English muffins, and cut each in half. Crack 1 egg into a small bowl. Swirl the simmering water, then gently slide the egg into it. Repeat with the remaining eggs. Cook until the whites are set and the yolks are still runny, 3 to 4 minutes. Remove the eggs with a slotted spoon, and place 1 on top of each salad. Garnish each salad with 2 English muffin pieces and a few grinds of pepper.

Nutritional Analysis (Per Serving): Calories 300, Fat 18g, Saturated 4g, Cholesterol 205mg, Sodium 830 mg, Carbohydrate 18g, Fiber 3g, Protein 18g, Sugar 5g Source: <http://www.foodnetwork.com/recipes/food-network-kitchens/eggs-benedict-breakfast-salad.html>



PEPPERMINT OIL relieves TENSION HEADACHES

Simple Health Tip:

Relieve tension headaches by gently massaging peppermint oil (that contains menthol) onto your temples.

there is no better
time than now
to start living
healthy.



Happy New
Year!
From All of Us at
FitnessWorks for
Women!

