



Week Eight Participant Manual:  
**A New Year, A New You**

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## **JOURNALING**

- What are some new year's resolutions that you have set in the past? How did they work out for you? How did you feel when you met them, and how did you feel when you did not succeed?
- We all have days that we are going to "mess-up". We must learn from these "mess-ups" as opposed to letting them take over. Write about the importance of self-forgiveness.
- What is a sensible focus you can have for the upcoming new-year? And what do you need to make it happen?

## New Year's Resolutions to Avoid

Well, once again, that time of year is here. It's time when many of us set ourselves up for failure. "This year I will do this... oh wait I was supposed to do that last year..."

Let the downward spiral begin. This is the unfortunate truth.

Starting a diet can be compared to gambling in Vegas. The game is always in favor of the house. It's the same with dieting. The odds are always in favor of the multi-billion dollar diet industry.

It's time we recognize diets don't work and that lifestyle and behavior modification are the keys to success!

We thought it would be helpful to have a discussion on some common resolutions to avoid. Instead of making unrealistic New Year's resolutions, let's focus on making lifetime commitments!

## Resolutions

I will stop eating desserts!

Yikes! What a statement... and not even anywhere close to being realistic. Instead of the all or nothing principle, let's try to focus on a few helpful strategies to get us out of this mindset.

## Some Solutions

Only allow yourself to enjoy faux food free desserts.

That's right make sure the desserts you choose to eat are made with real ingredients. That means they must be made with butter, sugar, eggs, etc. This will help to cut out a lot of the mindless dessert eating that may happen in your office or from the vending machine.

Focus on saving your dessert calorie intake for the real deal (which I am sure you will agree tastes a lot better anyways).

Enjoy a wonderful real piece of lemon cake or a chocolate-chip cookie. Make it your approach that you enjoy dessert after a meal only if you are not feeling stuffed. The rule is if you feel stuffed then there is no room for dessert.

One of the main reasons the above resolution doesn't work is because when people deprive themselves they tend to binge later on. So it's better to enjoy desserts in moderation than overdo it by creating the deprivation factor.

### Resolutions

On a night that I am going out to eat, I will not eat anything the entire day...

Oh goodness "watch-out" as the mindless eating, lack of enjoyment, food frenzy at the restaurant takes place.

Although in theory this seems like a good idea, saving all your calories till the end of the day can actually lead to eating more calories at the evening meal.

### Some Solutions

On a day when you know you are going to dine out at a restaurant, eat a sensible breakfast and lunch.

So instead, eat a bit lighter on these days. Eating these meals will keep your blood sugar stabilized. So when you arrive at the restaurant, you're not feeling so overly hungry. This will help you to not overeat at the dinner meal.

### Resolutions

I will not order an entrée at a restaurant that I truly want in fear of overeating it. I will tend to choose the restaurant's lighter options...

Now this does not sound like enjoyment to me! It kind of takes the fun out of dining out, wouldn't you say? So choose what you really want and have it in a sensible manner.

### Some Solutions

Always take your own container to the restaurant with you. When the food comes out, portion out what you are going to have there and what you are going to eat for lunch tomorrow.

You get to enjoy your favorite entrée at the restaurant and, what a bonus, you even get to enjoy it tomorrow too!

Another feasible option is to split the entrée and then share a dessert (yet another bonus). Now you are really making the most out of your dining experience. So essentially it comes down to sensible decisions in a restaurant.

If you are dining in a restaurant where you know the portions are the size of a pickup truck, then go in with a plan. Figure out a way to still enjoy the food without over consumption.

Remember that quality does not equal quantity. When you leave the meal feeling uncomfortably stuffed, well then in all actuality the joy of eating is lost and you end up feeling miserable. So eat small, take your time, and make the moment last!

All of these suggestions above easily tie into the principle of choosing quality restaurants. Since you are not dining out all the time, this allows you to pick places that create more of a dining experience. Choose restaurants where a chef is planning a menu, real ingredients are used, and you can experience the art of cooking by practicing the art of eating!

## Resolutions

I will join the gym even though I really dislike going to the gym...

Well this will last a good two weeks and then the gym will just continue to make money off you not being there. And then you're left at home feeling guilty about not being at the gym. It is a down-hill spiral from there...

## Some Solutions

First off if you enjoy working out in a gym, good for you, do it! If not, take a look at the many other options available to you that are membership free.

Visit the local basketball or tennis court. Find a morning walking buddy. Sign up to be your child's soccer coach. There are many ways to get exercise other than going to the gym.

And remember short bursts of exercise throughout the day are as effective as working out for a continuous 30-minute period. Try breaking your exercise routine into segments. Do some strength training exercises for 10 minutes in the morning before you get a shower. Take a 10 minute walk on your lunch break. Dance for 20 minutes while supper is in the oven.

Get out of the whole all or nothing mentality and remind yourself that every little bit truly does count.

## Challenges and Strategies

### New Year New You

Remember. You can't fall off the wagon ...if you ARE the wagon.

You may have gone through the holiday season and single handily devoured the Thanksgiving feast, cleared bowls of candy, or slipped up in some other way.

And NOW, January commercials tell you about the "new *REVOLUTIONARY* diet sensation that's sweeping the nation!!"

#### You are left feeling one of two ways:

1. Like a failure who can't succeed: *like the people on TV.*
2. Like you just need a miracle: *like the people on TV.*

#### What is the Short Term Problem?

If you fall off the wagon, and then feel bad about yourself, first you hit the Breyers bucket. Then you might try something bizarre like "fat-be-gone" rings or hypnosis.

But ultimately, you feel bad about yourself, and eat to feel better. This just makes you gain weight, so you feel bad about yourself, so you eat ....

When you wake up from this nightmare, you see yourself circling this drain.

#### What is the Long Term Problem?

You stop trying.

Somewhere in the back of your brain you believe that this is all about you and your failures. After all, other people succeed.

You not only look at yourself as someone **who did not succeed**, but someone **who cannot succeed**. This attitude lurks in the background and subverts all you do – creating a self-fulfilling prophecy.

## Want to Lose Weight?

### Dude. Don't Diet

We live in the land of products. But **your life is not a product**, it's a process of learning and growing everyday of your life:

- Learning to live
- Learning to eat
- Learning to love your food again.

Here's why that is important: When you see your life as a process of improving over time, you cannot fall off that wagon ... you ARE the wagon.

### What does that mean?

If you mess up and binge or eat too large one time, don't worry. As a matter of fact, you should expect this from time to time. Learn from it -- what you did wrong, how you slipped, etc. If you do this, the number of times you slip up and over-consume will decrease over time.

### It's about process improvement.

We all start over every day; learn something more every day. And this happens whether you did good the day before or bad the day before. Be at peace with that.

No matter what your background, no matter your prior successes or failures, you and I and everyone re-start each day at the very same place: we have more to learn to refine our lifestyle of healthy habits.

### Specific Rules

#### Specific Rule Number 1? Don't be specific.

Don't micromanage carbs or fats. This may be difficult for some Type-A people to do, but those approaches are so hard to stick with in the long term.

That's why we emphasize eating principles, especially when focused on your behaviors.

**Eat well** – with the highest quality food you can get for yourself. Don't settle for cheap food because, well, it's cheap. As you know it doesn't taste as good, and isn't as good for you.

**Take your time** -- Relax when you eat. Take your time and taste your food. When you do this, you give your body its best chance to shed excess weight.

## Recipes

### Garlic Collard Greens

#### You'll Need

- 2 pounds collard greens, trimmed, washed and cut into 1 inch slices
- ¼ cup sliced fresh garlic
- 1/3 cup olive oil
- Salt and pepper to taste
- Tabasco sauce

#### Directions

- In a large pot, boil the collards until very tender.
- Drain cooked greens thoroughly in a large strainer or colander.
- Heat the oil in a skillet or the pot that was used to cook the collards.
- Add the garlic and cook, stirring constantly, until garlic is nicely browned and crisped.
- Add drained collards, season with salt and pepper, and a few dashes of Tabasco.
- Mix together thoroughly.

#### Play With Your Food

- Try adding some crushed red pepper for a bit more kick.
- This dish goes well with black-eyed peas, rice and cornbread.



## Ham and Bean Soup

### You'll Need

- 1/3 cup lentils
- ½ cup white beans
- ½ cup red kidney beans
- 1/3 cup dried peas
- ½ cup black eyed peas
- 1 teaspoon salt
- 1 pound cut up ham or ham bone
- 1 large onion sliced
- 16 ounces canned tomatoes, cut up with liquid
- 2 mashed cloves of garlic
- 2 Tablespoons lemon juice
- Salt and Pepper

### Directions

- Wash and soak the beans overnight with 1 teaspoon salt.
- Drain and cover with 2 quarts of water.
- Add 1 pound cut up ham or ham bone.
- Boil slowly 2 1/2 to 3 hours.
- Add in the onion canned tomatoes and juice 2, garlic, lemon juice and salt and pepper to taste.
- Simmer several more hours until very thick.

### Play With Your Food

- Top with some fresh parsley.
- You can also try adding a bit more garlic if you would like.
- This soup is excellent with a hot, crusty piece of French bread.

## Corn Bread

### You'll Need

- 1 1/2 cups cornmeal
- 1/2 cup flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 1 egg
- 1 1/3 cups buttermilk
- 1- 2 tablespoons olive oil

### Directions

- Preheat oven to 450 degrees.
- Stir together the dry ingredients and set aside. Add egg, buttermilk, and 1 tablespoon olive to bowl. Mix together until all ingredients mixed evenly.
- Pour mixture into the baking pan or iron skillet. Bake for approximately 18 minutes. Check the cornbread. If the cornbread begins to pull away from sides of pan it's done. If you do not notice this, let the cornbread bake for a few more minutes.

### Play with Your Food

- Consider adding some chopped chilies or jalapenos.
- Serve with a honey butter