

NEW YEAR'S RESOLUTIONS

MedwellNews

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1. lose weight
2. exercise
3. drink more water
4. quit smoking
5. earlier to bed
6. drink less credit cards

A NEW YEAR, A NEW YOU

Happy New Year! I bet you've already made your resolutions, right? "This year I will do this... oh wait I was supposed to do that last year..." Sound familiar?

One of the most popular yet unrealistic goals is dieting; which is essentially like gambling in Vegas where the game is always in favor of the house. In this case, it's always in favor of the multi-billion dollar diet industry.

This year, make it your resolution to skip the diets that we all know don't work. Instead, make lifestyle and behavior modifications. These are the true keys to success!

Resolutions 101

For Desserts: Make a resolution

to only consume faux food free desserts. Enjoy a REAL piece of lemon cake or a REAL chocolate-chip cookie. Enjoy dessert after a meal ONLY if you are not feeling full.

For eating at a restaurant: Choose what you really want and have it in a sensible manner. Ask for a take-out container when your meal is brought to you or split an entrée with someone.

For working out: Explore other options besides the gym that might be better for you such as stretching in the morning, joining a dance class, or adding an afternoon walk to your day. If you love the gym then do that. Do what works best for you because short burst of exercise count!

RECIPE ♀ THE MONTH



Moroccan Style Chick Peas

You'll Need

- 1, 15 ounce can garbanzo beans
- 2 tablespoons olive oil
- ¼ teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- 1 tablespoon lemon juice

Directions:

- In a small pot, heat olive oil on low-medium. Add chili powder and cumin for a minute to release flavor.
- Add in all of the other ingredients and heat through.
- Serve over rice, with pita, or simply by itself.

WELLNESS NEWS OF THE WEIRD

Top 5 New Year's Resolutions:

- Lose Weight
- Get Organized
- Spend Less and Save More Money
- Stay Fit and Healthy
- Quit Smoking

Believe it or not, by 26 weeks, only 46% have kept their new year's resolution, it's often because people set unrealistic goals and expectations in their resolutions.

People make resolutions as a way of motivating themselves, but when people aren't ready to change their habits that is what accounts for the high failure rate.

SET REALISTIC GOALS



Your goals should be measurable and flexible. Measurable so you can calculate if it's achievable. For example, "I will exercise more often" is not a very measurable goal, but doing 3, 15 minute walks at work each week is a measurable goal. At the end of the week, you can assess if you actually met your goal.

Flexibility is crucial because we all live very busy lives and are unable to predict the future. The example above is made flexible by saying 3 times per week versus listing the actual days of the week.

It is good to remember that we appreciate rewards for a task that is accomplished. Make sure to reward yourself when you meet a goal. Try to make sure that the reward is something that works as a de-stressor too.

Set yourself up for success by setting goals properly and rewarding yourself for your accomplishments.

STRESS BUSTERS

We need to create peace and balance around caring for our health. A good strategy is to adopt the 80/20 rule.

This year, embrace trying to live a life of health. However, be at peace with the falls. Set multiple smaller goals, and try to accomplish those as technique to make the falls happen less and less.

80/20

Instead of getting frustrated with yourself, focus on the 80/20 rule.

80% of the time we are eating real foods and controlling portions. 80% of the time we are managing stress and participating in exercise.

Then, only 20% of the time things get a bit off track. Living a life in balance can help relieve some of the stress of feeling we need to have a perfect lifestyle.

BOOK OF THE MONTH

Our lead dietitian, Rita Madden, recently had a book published called [*Food, Faith and Fasting: A Sacred Journey to Better Health*](#).

The workbook style format provides hands-on exercises to help you care for your health using ancient Christian principles being as your guide.

To learn more, visit:

<http://store.ancientfaith.com/food-faith-and-fasting/>

FOOD FAITH and FASTING

A Sacred Journey to Better Health

RITA MADDEN



HAVE A QUESTION?

Email him:
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