



New Year's Resolution or New Year's Lifestyle?

Have you ever started off a new year with a plan to eat better, exercise more, and stress less only to give up by the second week of January? I generally do not encourage people to make New Year's Resolutions. Why? Special resolutions often give people that "what-the-heck, I'll be better next year, last supper, final fling" mentality. If you want to improve your health and wellness in some way, you should not have to wait until a new year to get started. There truly is no time better than the present to begin your journey. Resolutions also imply a short-term fix to a long-term problem. In reality, we should all work on improving our lifestyle. Lifestyle solutions take time to become habit but the pay off is long-term strategies to that long-time problem. So how can you turn

your New Year's Resolution into a New Year's Lifestyle?

Do any of these common resolutions sound familiar?

- Eat less- -Move more- -Stress less- -Manage health- -Prevent illness- -Lose weight-

Prioritize: Of all the different things you would like to accomplish in the New Year, which goal is most important to you? Make this your first priority. Tackle this task head-on and table your other goals until you have your first concern under control. Trying to change too many things at once is a sure-fire way to stamp out long-term success.

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College Corner: Cold-Busting Nutrition

You managed to maneuver through the first semester or quarter of the school year pretty healthfully. Now its back to the grind and everyone around you is coughing and sniffing. How can you stay well this semester and fend off the cold that is making the rounds? Here are a few nutritious tips to keep you in tip-top health:

Drown your cold in soup? Your mom was right--chicken soup is a cure-all. Well, at least chicken soup makes your nose run, relieving nasal congestion, thereby making your cold symptoms feel a bit more manageable. Chicken soup, while comforting, also helps keep you hydrated.

Launch a bug attack: Introduce some "good bugs" into your body to fend off the bad cold bug you caught. Eating probiotic-rich yogurt is the easiest way to get these goodies into your diet. Make sure your yogurt has the live and active culture label on the carton. Contrary to popular belief, eating dairy does not make your cold worse or increase mucus production.

Some Vitamin C every day will shorten your cold's stay: Vitamin C is a powerful antioxidant that protects your body's cells when they are under attack and has been found to help shorten the duration of a cold. Include C-rich foods in your diet daily such as, oranges, broccoli, tomatoes, bell peppers, cauliflower, and sweet potatoes.

Sneak in Some Zinc: While the jury is still out on zinc lozenges and their effect on colds, including some food sources of zinc may be helpful in busting up that cold. Try including some shellfish, lean beef, lean pork, or whole grains in your cold-relieving diet. Low-fat yogurt, cashews, almonds, and dried beans also contain small amounts of zinc.

Get plenty of rest and drink lots of water in addition to fine-tuning your nutrition and that cold doesn't stand a chance! Get well!

Top 10 New Year's Resolutions

1. Spend more time with family and friends
2. Become fit
3. Lose weight
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others
10. Get organized

Questions or comments? Email me at marymahoneyrd@comcast.net I'd love to hear from you!

New Year's Resolution *continued...*

Personalize: Ask yourself why you want to change. Are you doing this for yourself or to please someone else (or get them off your back?) If your goal is not personally important, chances are you will not stick with it long enough to create a new lifestyle habit.

Pros vs. Cons: Now contemplate the benefits (or pros) of changing this behavior. How will you feel? How will you look? Will it improve your health or self-esteem? Of the pros, identify which one is most significant to you. Is this particular pro strong enough to drive your change? Next, consider the challenges, obstacles, or cons to change. Think of anything and everything that you might encounter that would keep you from succeeding. Ask yourself: "Are these obstacles real or just excuses?" Do you think the cons are strong enough to prevent you from acting? If the pros do not outweigh the cons, sticking to that new behavior may be a little

tough.

Confidence: On a scale from 1 (low) to 10 (high), rate how confident you feel regarding being able to follow-through with your goals or behavior changes. The more confident you feel, the more likely you will succeed.

If the new behavior, strategy, or goal you have chosen is personally salient, the benefits outweigh the challenges, and you are confident you can change, you are ready to start. Now, it is time to SMARTen up! Whenever you decide to tackle something new, make sure your goal is S-M-A-R-T or Specific, Measurable, Attainable, Realistic, and Timely.

S is for Specific: Get nit-picky about your new goal. Compare these two statements: "I am going to eat healthier" vs. "I am going to eat an additional piece of fruit 5 days each week." The more specific, like the second statement, the more likely you are to meet or even exceed that goal. Keep it vague and you will not be able to measure your progress.

To create a specific goal, consider the 5 W's: who, what, when, where, and why.

M is for Measurable: Quantify your new behavior so you can easily measure your progress. If your goal is to walk 30 minutes three times each week, you know you have met your goal if you indeed walk at least 30 minutes on three or more different days during the week. If your goal is simply to walk more, it can become difficult to measure... walk more than what? To set measurable goals, ask yourself: "How much?" "How long?" "How often?"

A is for Attainable: You want to make sure your new behavior is a little bit of a challenge but not impossible to achieve. Running a marathon next month may be an impossible goal to accomplish if you do not currently do any form of exercise. Always consider how confident you are in achieving your goal before you set it in stone. If confidence is high and your goal is something you can reasonably accomplish, you are more likely to succeed.

R is for Realistic: You must believe you can achieve your goal in order for it to be considered realistic. If you create an achievable goal but do not have the desire to go for it, then your goal is not realistic. To determine how reasonable your

Eating Right Monthly Tip

Want to lose a pound each week? Start by keeping a food diary of everything you eat. Look for ways to cut 500 calories each day. Soon you'll be on your way!

ARE YOU READY FOR SOME FOOTBALL?

According to the latest issue of *Eating Well* magazine, the average football fan will consume 1200 calories during the SuperBowl! Check out www.eatingwell.com for some lighter super snacks.

goal is, consider if you have done anything similar to this in the past. Did it work then? What conditions must be in place in order for this new behavior to happen?

T is for Timely: Choose a time frame during which to accomplish your goal. Examples include: Over the next week, I want to go to the gym four times for 30 minutes, or I want to lose ten pounds by May 1st. Open-ended goals without an end-by or accomplish-by date often fizzle out before they are completed.

Now that you have taken the time to examine your New Year's Resolution and design a SMART goal, you are ready to get started! May you make all your health and wellness dreams a reality in 2009. Good luck and keep me posted on your progress.

Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty."

Do you like crunchy foods but think they are unhealthy? Well, foods like chips and fried crackers are... so what are you going to dip in your salsa instead?

Try broccoli! Raw broccoli is a great source of vitamin C (good for cold-busting) and fiber, fits the crunchy criteria, and tastes great slathered with fresh salsa. This combo adds some spice to your lunch or an extra vegetable pre-dinner. Get noshing!