



Nutrition Nibbles

Upgraded and Improved You!

Does January 1st conjure up images of starvation and killer boot camp-style exercise sessions? Are you bound and determined to overhaul your life or health habits this year? Do you have a laundry list of New Year's resolutions a mile long? You may be telling yourself that *this is the year, I'm going to _____ and _____ and _____* (fill in the blanks). Chances are that you do NOT need to completely reinvent yourself or your life, that there are many things about you that are incredible and perfect as is. Sure, I bet there are some behaviors that if you did more often, would make you feel better about yourself but I doubt you need to start from scratch! This year, rather than focusing on creating a completely new version of yourself, why don't you put your energy toward fine-tuning the remarkable person you already are? Here are a few ideas to get you started.

- **Just move it.** Do you like walking? Or running, spinning, hiking, jump roping, lifting weights, etc? Perhaps you already enjoy moving your body but just don't exercise as regularly as you'd like. You already have the hard part taken care of--the desire to be active. Now use 2016 to do something enjoyable for yourself by making exercise a priority. Try scheduling movement into your calendar like you would any other important appointment. Your body (and soul) are worth taking care of!
- **Eat a rainbow.** Do you like fruits and vegetables? Maybe you even include them in your diet on a regular basis. If you feel you could make more of an effort to eat produce, set a goal of eating one fruit or vegetable from each color of the rainbow daily--red, orange, yellow, green, blue, and white.
- **Go alternative.** Do you enjoy fish, beans, or lentils? These tasty healthy foods are a wonderful way to break up the monotony of chicken, turkey, beef, and tofu. Rotate these less common proteins into your weekly menu (aim for twice per week) for some new flavor and health benefits.
- **Catch your zzzzzz's.** Most of us love to sleep and do snooze nightly; it might not be enough though. Getting a good night's rest is the ultimate act of self-care. Those 7-9 hours are the time our bodies have a chance to rebuild, repair, and reset so that we can live life to the fullest during the day. So try turning in a little earlier in 2016!

Take a look at your life and continue the habits that keep you well; build upon the behaviors that you'd like to incorporate into your life more regularly. Make 2016 the year of the Upgraded and Improved You! *Happy New Year!*

Questions or Comments? Email me at
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