

Mind

New Year's Resolutions

Life is a marathon, not a sprint...



With the New Year, it is tempting to make resolutions, especially about weight loss. However, a majority of these are broken by week six. What is different from the last day of December to the first day of January? Not much, really. You are the same person. Making a major shift in behavior and attitude takes a very long time, and the pressures of the New Year's Resolution can be too daunting and too overwhelming to maintain. This is especially true if goals are excessively lofty and other adjustments in lifestyle, routine, made. Whatever motivation needs to life possible. For crash diets, severe and fasting in order outcome are not sustainable and are more frequently associated with weight gain in the long run. Goals are important, but must be realistic and sustainable. This applies to not only weight loss, but also to any other major change for the New Year. The big picture, namely your general mental, physical, and spiritual health, needs to be the chief consideration. With daily healthy habits, the other more lofty goals will likely be achieved with actual lasting results.



and attitude are not also your goals, the main be living the healthiest weight loss specifically, boot camps, restricting to achieve a short term

Remember, **there is no quick fix** that will result in lasting changes. A well-balanced and healthful *life is a marathon, not a sprint*. Be patient with and kind to yourself!



Body

Tips for keeping the Resolutions

Keep goals small, attainable and enjoyable

Make incremental and gradual changes

Have some measure of accountability:

- Pay for a trainer
- Have a friend check in with you about your progress

Keep a log or journal of your progress

Make a friendly wager with coworkers or family members

Adjust goals over time to fit changes in your life, schedule and routine—no all-or-nothing attitudes!

Have healthy rewards and incentives for even small goals achieved

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If you can see your path laid out in front of you step by step, you know it's not your path. Your own path you make with every step you take. That's why it's your path.

-Joseph Campbell

Spirit

I believe that gratitude is the best approach to life. When life is going well, it allows us to celebrate and magnify the goodness. When life is going badly, it provides a perspective by which we can view life in its entirety and not be overwhelmed by temporary circumstances. And this is what grateful people do. They have learned to transform adversity into opportunity no matter what happens, to see existence itself as a gift... If you begin to see that everything that you have, everything you have counted on, everything that you think matters to your well-being may be taken away, gratitude becomes a way of rebuilding one's foundation so that it can never be demolished.

Robert Emmons, PhD, *Gratitude Works!*

5656 Bee Caves Rd | Suite D202
| Austin, TX 78746



A simple lifestyle change for the new year that has lasting health benefits is regular intake of **cruciferous vegetables**.

Cruciferous Vegetables

...are associated with many health benefits, even with only **one serving per day**

Health benefits...

Lowered cancer risk

Normalized blood glucose

Decreased heart attack and stroke risk

Anti-inflammatory

Satiety and weight loss

Andy's Brussels Sprouts (*for people who think they hate Brussels sprouts*)

1 lb Brussels sprouts
 2 Tbsp extra-virgin olive oil
 5 cloves garlic, finely minced
 1 tsp hot red pepper flakes or to taste
 1/4 tsp nutmeg or to taste, preferably freshly grated
 1/2 cup freshly grated Parmesan cheese
 salt

Trim ends off Brussels sprouts and remove any discolored outer leaves. If sprouts are large (more than 1 inch diameter) cut them in quarters lengthwise through the stem end. If smaller, cut them in half. Bring 2 quarts of water to a boil, add 1/2 tsp salt, and the sprouts. Boil uncovered till sprouts are just crunchy-tender, about 5 minutes. Do not overcook them. Drain the sprouts well.

Wipe out the pot and heat the olive oil in it. Add the red pepper flakes and garlic and sauté for 1 minute. Add the sprouts and nutmeg and sauté for another minute. Add the cheese and toss with sprouts until cheese melts.

[Recipe from Andrew Weil, M.D.]



Examples...

Arugula
 Bok choy
 Broccoli
 Broccoli rabe
 Brussels sprout
 Cabbage
 Cauliflower
 Chinese broccoli
 Chinese cabbage
 Collard greens

Horseradish
 Kale
 Kohlrabi
 Komatsuna
 Land cress
 Mizuna Mustard – seeds and leaves
 Pak choy
 Radish
 Rutabaga
 Tatsoi
 Turnips – root and greens
 Wasabi
 Watercress