

Words of Wellness

January 2013

Happy New Year!

Special thanks to Mark Garnett, Joan Huskins, Kathy Szo, Joe Crossland and Eileen Anderson

How Can I Keep My New Year's Resolutions?

2013 has begun and, as usual, many of us start the year with a resolution or two to help us feel better. Here are some ways to help you keep your resolutions past the first few weeks of 2013.

1. Be Realistic. We are all busy. It is probably not wise to say "I will exercise everyday" when you currently do not exercise or only exercise sporadically. Pick a reasonable amount that you can add to your schedule. Being successful with a modest goal will keep you motivated and you will be likely to add more to your schedule later if you can accommodate it!
2. Connect your resolution to your core values. If it is truly important to you, you will make an effort to keep your resolutions.
3. Make a plan. Don't just say "I'm going to lose weight this year!!" How do you plan on doing that? Are you going to exercise more, avoid/reduce consumption of certain foods? Make your goal more attainable by setting the wheels in motion with tangible steps to follow.
4. View failures as temporary setbacks. Just because you had a cigarette or only exercised 3 times instead of 4 last week doesn't mean that you failed. Many resolutions involve lifestyle changes that are difficult to keep up with at first. Do not abandon your resolution after a setback.
5. Don't try to do it all in January. Resolutions can be a process. Allow yourself some time to get into your new routine.

Top 5 New Year's Resolutions

1. Spend more time with family/friends.
2. Make time to exercise.
3. Lose some weight.
4. Quit smoking.
5. Debt reduction.

Pick Me!! Micro-Resolutions to Feel Better.

1. Increase your water consumption each day by carrying a water bottle.
2. Take a one week coffee vacation.
3. Go to bed 15 minutes earlier for 1 week.
4. Buy a multi-vitamin.
5. Try to make 2 veggies at dinner time, instead of just one.

www.myfitnesspal.com

Looking for a way to track your diet and physical activity to kickoff the New Year? Myfitnesspal.com might just be what you are looking for. Myfitnesspal.com allows you to track what you eat with over 2 million foods in their database it will give you a breakdown of exactly what you are eating and if your physical activity is meeting your needs. Myfitnesspal.com is the # 1 downloaded fitness app on iTunes and might be just what you need to keep track of your fitness and diet needs.



Moroccan Stew

This savory Moroccan-inspired Vegetable Stew makes a great dinner option (and a great lunch the next day). It's full of flavor and nutrient-rich veggies like kale, onions, carrots, and garlic.

Ingredients:

2 large cloves garlic, minced	4 carrots, peeled and diced
1 large onion, diced	1 red pepper, seeded and diced
1 tablespoon olive oil	1 bunch kale, chopped and tough stems removed
1 can (28 ounces) chopped tomatoes with juice	1 bunch parsley, chopped
1 cup dried chickpeas	1/2 teaspoon salt
2 1/2 cups vegetable or chicken broth	Black pepper to taste
2 teaspoons cumin	1/2 roast chicken, skinned and boned (optional)
2 teaspoons coriander	
2 cinnamon sticks	

Directions:

Add the olive oil, onion, carrots, red pepper, garlic, spices, chick peas, tomatoes and juice, cinnamon sticks, and chicken broth to the slow cooker. Cook on high for 6 hours.

Twenty minutes before serving, when the cooker is just on the "warm" setting, add the kale. (This is a good time to prep the rice: add 1 cup of basmati rice, 2 cups of chicken or vegetable stock, and a pinch of saffron in a pot, cover, bring to a boil, and reduce to a simmer for 20 minutes). Just before serving, add parsley and season to taste with the salt and pepper. Remove the cinnamon sticks and serve over rice with the optional roasted chicken.

This recipe yields 4 servings

From: 9 Healthy Crockpot Recipes You Need to Try, Jessica Smith,

www.mapmyfitness.com

iMapMy is a fitness tracking application that enables you to use the built-in GPS of your mobile device to track all of your fitness activities. Record your workout details, including duration, distance, pace, speed, elevation, calories burned, and route traveled on an interactive map.



www.webmd.com

WebMD helps you with your decision-making and health improvement efforts by providing mobile access 24/7 to mobile-optimized health information and decision-support tools including WebMD's Symptom Checker, Drugs & Treatments, First Aid Information and Local Health Listings. WebMD also gives you access to first aid information without having to be connected wirelessly – critical if you don't



Need some resources check out these great sites.

1. Canadian Cancer Society's Smokers Helpline Smokershelpline.ca
2. Health Canada's Quit4life Quit4life.com
3. Centre for Addiction and Mental Health's alcohol consumption survey <http://notes.camh.net/efeed.nsf/feedback>
4. Canadian Diabetes Association www.diabetes.ca