



Healthy Habits

Tips and resources for living well



This Month: Kick Off The New Year Right!

Set attainable goals. After spending the holidays thinking of everyone else, January is a terrific time to focus on you. And, what better gift could you grant yourself than better health? In this issue, we'll help you set wellness goals and determine next steps to get you on the right path to success. We'll also provide you with troubleshooting tips that will help you tackle any potential slip-ups that may happen in the future. Let's celebrate a new year with a healthier, happier new you!

Create new wellness goals Build on your strengths

Before you set your next wellness goal, think about what you are already doing well and where you could improve. Capitalize on your strengths to help you move forward. Here are a few examples to help you get started:

- If you are good at staying connected with friends, but want to exercise more, invite your friends to go hiking.
- If you are a great cook, but don't always eat the healthiest foods, use your skills as a chef and create healthy recipes that still taste delicious.
- If you exercise and eat well, but feel stressed, try practicing yoga, which involves a combination of exercise and relaxation techniques. Or, go for a walk while listening to soothing music.

When it comes to health, you're likely doing a few things right already. Use those traits as tools to aid you in your goals for improvement!

Try this satisfying meal: Spaghetti Squash with Ground Turkey

This nutritious dinner is packed with vegetables and lean protein. Try it on a cold winter night!

Ingredients:

- 1 spaghetti squash
- 2 heirloom tomatoes, diced
- 1 tbsp. basil
- 1 tbsp. oregano
- 1 tsp. minced garlic
- ½ cup diced onions
- 1 lb. turkey meat
- ¼ cup Parmesan cheese
- 2 tbsp. olive oil

Directions:

1. Puncture squash; bake at 350 degrees Fahrenheit for 35 – 45 minutes.
2. Add olive oil, garlic, onions, herbs and spices to a frying pan and sauté over medium heat for 2 minutes. Then, add turkey and cook for another 5 minutes or until it has browned. Add tomatoes last.
3. Once it's finished baking, cut the squash in half, remove seeds, and scrape the "spaghetti" out. Top with sauce and cheese.

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Resolve to succeed! Set clear goals

Did you make a New Year's resolution this year? If so, you are on the right track. Research indicates that people who make specific New Year's resolutions are 10 times more likely to reach their goals than people who don't make them. In addition to making your goal reasonable, also make it tangible. If your goal is broad and abstract, you may have trouble reaching it. Use the examples below as a guide:

- **Too vague:** "I want to get more fit this year." What, specifically, do you want to do?
- **Closer:** "I want to start running regularly." Great! But what does "regularly" mean?
- **On target:** "I want to be able to run a half marathon by April 28." This goal is clear, tangible, and something that you can work toward.

Once you have set a clear goal, you can then brainstorm short-term goals to help you achieve it. For example, "This week, I will run twice a week for 20 minutes. Next week, I will run twice a week for 30 minutes." Make sure to keep your short-term goals and your main goal attainable!

Keep your resolutions Use the right tools

There are many different tools and support systems that are available to help you stay focused on your goals. Here are a few different ways to stay motivated throughout the year:

- **Track your progress.** People who monitor their progress are more likely to make sustainable healthy lifestyle changes. You can log your progress on the Wellness website.
- **Set up a reward system.** Give yourself small rewards for meeting your short-term goals and a bigger reward when you reach your long-term goal.
- **Make yourself accountable.** Share your wellness goals with family and close friends. They can help cheer you on and be a great source of support.

Handling slip-ups How to get back on track

You had all the best intentions to stay in shape and eat well. Then your friend got a promotion and wanted to celebrate, your mom sent homemade cookies for your birthday, and your office had a dessert social. Should you give up? No! Instead:

- Accept it. Okay, you had a week of celebration. Don't worry too much—it's only one week.
- Get back on track. Don't give up—just re-adopt your healthy habits.
- Plan ahead. Think of healthy actions you can take to stick to your goals next time temptation comes around.

What's your secret to sticking to your goals?

QUIZ: How much do you know about achieving healthy goals?

1. **True or false: Broad goals are better than specific goals.**
 - a. True
 - b. False
2. **True or false: When creating goals, first focus on what you already do well.**
 - a. True
 - b. False
3. **True or false: If you slip up, don't give up—just re-start your healthy habits.**
 - a. True
 - b. False

Answers: 1 b, 2 a, 3 a.