



Setting Goals for the New You

Fitness writer Tom Venuto has suggested that often resolutions fail because they are more like wishes. They will remain like wishes until they are put into writing and become goals. Instead of making resolutions this year, set **S.M.A.R.T.E.R.** goals.

How do we do this?

Goals should be **SPECIFIC**. They should be clear and precise. For instance your goal could be to lose 1 pound a week.

Goals should be **MEASURABLE**. Set your goals in measurable units such as pounds or clothing sizes.

Be **ACCOUNTABLE** to your goals. Consider keeping a

training journal or daily nutrition diary to check yourself.

Goals should be **REALISTIC**. Trying to lose 30 pounds in 30 days is not realistic.

Goals should be **TIME BOUND**. Set goal deadlines. Time limits can be highly motivating. Also set daily goals for workouts and nutrition.

Focus on the **EMOTIONAL** reasons for achieving goals. Build a burning desire for your goal by focusing on the emotional reasons for wanting to achieve your goal.

REVIEW your goals often. Resolutions usually fail because they are set once and can be forgotten. Writing your goals down and reading them every day will help you stay



focused.

New goals can be set throughout the year as you attain your set goals and are ready for a new challenge. This simple formula will help you attain and maintain your set goals throughout the upcoming year. <http://www.theweightlossguide.net/2009/12/new-years-resolutions-achieve-it-this.html>

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Six Benefits to Regular Physical Activity



1. Improves your mood

Physical activity stimulates the brain to release chemicals that can make you feel happier and more relaxed than before a workout.

2. Helps combat chronic disease

Physical activity helps lower blood pressure and cholesterol levels.

3. Helps manage your weight

Engaging in physical activity burns calories. This helps to keep weight under control.

4. Boosts your energy level

Physical activity helps the circulatory system work more efficiently, which will leave you with more energy.

5. Promotes better sleep

Physical activity can help you fall asleep faster and deepens

your sleep.

6. Exercising is fun

Physical activity doesn't have to be boring; you can take a dancing class or push your kids on the swing. The key is to find a physical activity you enjoy and stick with it.

<http://www.mayoclinic.com/health/exercise/HQ01676/SECTIONGROUP=2>

The New Food Pyramid: MyPyramid

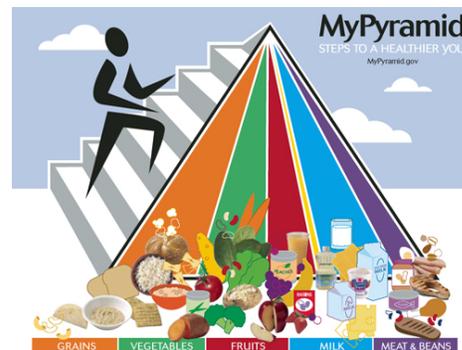
MyPyramid focuses on grains, vegetables, fruits, milk, meat & beans, and fat & oil categories and also includes a reminder to get physically active. Instead of number of servings a day, today the MyPyramid is shown in cups and ounces.

Today, adults should consume **daily**:

- 5 to 6 ounces of grains with a minimum of 3 ounces of whole grains
- 2 1/2 to 3 cups of vegetables

- 1 1/2 to 2 1/2 cups of fruit
- 3 cups of milk and dairy
- 5 to 6 ounces of meat and beans
- Limit oils to 5 to 6 teaspoons
- Get a minimum of 30 minutes of physical activity a day

These are just general recommendations for the average person. If you would like to know more about MyPyramid and how it can be tailored to your needs, please visit www.mypyramid.gov.



Eating Good... and Moving Like We Should in Your Community



Eating Good ...and Moving Like We Should is getting ready to start its weight loss meetings in your area. Look for flyers in area businesses and check your local newspaper to find out when and where the meetings will occur. Also, please ask your 3rd grader what they are learning about how to create a healthier lifestyle for your family at school.



Recipe for Success: Slow Cooking

Crock pots are ideal for meals that can be made safely ahead of time and can be enjoyed for several days. Slow cooking is great for making healthy, economical meals that add flavorful sauces and lots of vegetables.

Recipe: Coffee Braised Pot Roast

Ingredients

- 4 lb chuck roast trimmed of fat
- 1/2 tsp salt
- black pepper to taste
- 4 tsp extra virgin olive oil
- 2 onions thinly sliced

- 4 cloves garlic minced
- 1/2 c strong brewed coffee
- 2 Tbsp balsamic vinegar

Directions

1. Season beef with salt and pepper and brown in heated skillet with 2 tsp oil.
2. Transfer to crock pot.
3. Sauté onions and garlic with remaining 2 tsp oil and transfer to 4 qt or larger crock pot.
4. Add coffee and vinegar to crock pot.

5. Cover and cook on high for 4 to 5 hours or low for 7 to 8 hours.

Nutrition Facts:

10 Servings

Serving size: 3 oz of meat, 1/3 c liquid
Calories: 252 **Fat:** 6g **Sat Fat:** 2g
Mono fat: 6g **Cholesterol:** 67mg
Carbs: 4g **Protein:** 32g
Sodium: 99mg

To complete the meal, pair with a side of steamed vegetables

Recipe courtesy of
www.eatingwell.com