

HEALTHFUL TIPS

New Beginnings

Tips to help you get back on track after the holidays

We all know that the holidays are the most difficult time to be faithful to our eating and exercise plans. So, if you made a few bad choices (heck, even if you made a bunch of bad choices), skipped some of your exercise dates and are just not feeling good about the way you handled the holiday temptations — cheer up! Forgive yourself, let it go and move on. It's a new year and that means a new opportunity to be the best that you can be. And it also means that you have an entire year to build up your skills so that you can sail through the next holiday season with flying colors.

We've put together some quick and easy steps you can take right away (yes, that means today) to get you back on track. So raise your glass (of ice water) in a toast to new beginnings.

Clean out the refrigerator and cupboards. Yep, if it isn't part of the plan, it goes.

Of course once you empty them out, you need to fill them back up with healthy foods that fit into your food plan.

Get out the measuring cups and give your portion sizes a reality check (1/2 cup is ½ cup, not a heaping ½ cup).

Bring out the small plates, bowls and glasses — it's a simple trick that helps you to feel satisfied with less.

With the holiday frenzy in the past, no need to power eat while multi-tasking. Slow down by putting your utensil down between bites, listening to calming music, taking smaller bites, chewing really well and focusing on enjoying your meal.

Pack your lunch and snacks each evening for the next day. Give yourself a pat on the back for making your day so much easier.

Dust off your crock pot (that's just an expression — please use a little soap and water) and have your dinner waiting when you walk in the door.

Breakfast is an important meal—choose a high-protein breakfast to keep carb cravings at bay. Then add 5 more small, high-protein meals to complete your day.

Dig under the wrapping paper remnants to find your walking shoes. Put them on, bundle up and go for it. You will feel better — I promise!



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