

Coming New Year's Day 2019: A New and Improved You



Happy New Year, dear readers! It's time to push the reset button on your wellness goals. Don't feel badly if you've been struggling to maintain your level of fitness during the holiday season. Don't despair if you're eating too much of the wrong foods. Weight gain is not an uncommon phenomenon between Christmas and New Year's Day.

No time like the present to return to your healthy habits. Change is hard but not impossible. Sometimes there is no greater impetus for change than the number on your bathroom scale. You want to be clever in your weight loss approach so you don't feel like you're depriving yourself.

If you're like most of us, you've been consuming most of your calories in the form of high fat holiday treats. Instead of flat out eliminating the junk from your diet, think about adding healthier options to your plate instead. This method allows you to keep the unhealthy foods on your plate, but in lesser amounts, since you are making room for the healthier foods. Eventually the more nutritious options will take over leaving very little room on your plate for the non-nourishing foods

It's hard to stick with New Year's resolutions because most often individuals set unrealistic expectations. Changing behavior is difficult but not impossible especially if you normally embrace a healthy lifestyle throughout much of the year. The key is to set manageable goals. For many, the tradition of setting goals for the year ahead can be both gratifying and frustrating. On the one hand, creating your list of objectives can be inspiring but failure to follow through is nothing short of discouraging.

If you keep your perspective positive and your goals in focus then you will succeed. If you're having trouble doing this on your own then don't be shy about asking for help. I'll be around to help you. Just ask. Until then, I wish you a year filled with good health and happiness.

Yours in Health,
Michelle Beers, Certified Health Coach and Health and Wellness Writer
for Wildcat Sport & Fitness

January 2019

