

STICKING WITH YOUR NEW YEAR'S RESOLUTIONS

Well it is that time of year again. This year the start of a new decade and, hopefully the start of better times for the future of our country and the world. On a smaller scale, many of us see it as a new beginning for our own personal achievements. Ah yes, and that brings us to the topic of New Year's resolutions.

At one time or another I think we have all made one. It is estimated that 45% of all resolutions made involve fitness and weight loss. The reality is the success rate is only 6%. Very similar to weight loss statistics in general. The reasons for such a high failure rate are all too common to those of us in the nutrition industry. First and foremost let me say you can achieve your goals despite the high failure rate. I have seen success. The answer is having the right mindset!

Evaluating what is of value to you is a good place to start. Your resolution needs to be based on your values and not someone else's; your husbands or social pressures. Be specific but realistic when setting goals. Setting unrealistic goals is why most people fail. Remember your goals have to fit into your lifestyle. For example, if you work a 9-5 job and your long term goal is to reduce your cholesterol and increase overall health, one of your goals for example, may be; by March 1st, I would like to be walking 3 miles a day and eating 3 healthy meals, and 2 healthy snacks a day.

Keep your goals simple. Brainstorm about the smaller goals that will bring you closer to your main longer term goal. Write them all down and post them somewhere visible each day, like the refrigerator or your desk. Each week choose 1 goal to achieve. Every week add another while maintaining the first. Reward yourself with a small gift each time you achieve your goal, you deserve it.

This all sounds great and so easy. I think we all know differently. Most of us don't succeed without setbacks. The main thing to remember is to do the best you can do at every moment and don't beat yourself up when you have a slip up. Pick yourself right back up and move on. Don't dwell on what you did wrong but what you have done right. Remember the power of positive thinking! Our greatest glory consist not in never falling, but in rising every time we fall.

Oliver Goldsmith

Monthly nutrition meeting Sat. Jan.9,2010 12:00pm right after ZUMBA.
Topic: Strategies for successful New Year's Resolutions.



January 2010

Beef-barley stew

Red wine gives this slow-simmered stew its hearty flavor. Be sure to let the stew cook slowly, so only small bubbles show on the surface.

1 1/2 lbs beef sirloin, cut into 2-in. Cubes

Salt and pepper

1 teaspoon olive oil

2 carrots, sliced

1 large onion, chopped (about 1 cup)

1 cup mushrooms, sliced

5 garlic cloves, smashed

1/2 cup red wine

6 cups beef broth

1 can (14 1/2 oz.) chopped tomatoes, drained

2 sprigs fresh thyme

1 bay leaf

1/2 cup uncooked barley

Season beef cubes with salt and pepper. In a large pot over medium heat, brown beef on all sides in oil (do not turn pieces until one side is well browned). Transfer to a plate and pour out any excess fat; add carrot, onions, mushrooms and garlic and cook, stirring 3 minutes. Pour in wine, increase heat to high, and bring to a boil; cook, scraping the bottom of the pot, 2 minutes, or until liquid is reduced by half. Add next four ingredients; bring to a boil. Reduce heat, add beef, and let simmer 1 hour. Stir in barley and simmer 1 hour, or until barley is cooked through. Remove bay leaf before serving.

Makes 6 servings.

Nutrition information per serving: 198 calories, 15 g protein, 20 g carbohydrates, 6 g fat, 4 g fiber