

2011 HAPPY NEW YEAR

January 2, 2011

Be always at war with
your vices, at peace
with your neighbors,
and let each new year
find you a better man.
-Benjamin Franklin



Why can't I stick to my New Year Resolution?

By Janet Fougere

There's too much declaration, magic and hoopla. How is Jan. 1st different than May 1st? My advice is to make choices that really matter to you, adapt a process and apply it every day. Altering behaviors is challenging, but here are a few tips that will help.

1. Think about how you're going to feel when you reach your goal. *Really, really* think about it: proud, happy, self assured, confident. Also think about the opposite -- how will you feel if you don't meet your goals?
2. Focus on one change at a time.
3. Set realistic, specific goals. Losing weight is not a specific goal. Losing 5 pounds in 8-12 weeks is.
4. Design a very specific plan to reach your goal; details equal success.
5. Take small steps. Many people quit because the goal is unattainable.
6. Focus on the present. What's the one thing you can do right now towards your goal?
7. If you slip, get right back on track.
8. Enjoy the journey as much as the end result.

May this be the year that you create positive emotions, adapt new habits and achieve great success.

Cranberry Turkey Salad Recipe

provided by Diet.Com

Great way to use left over turkey.

Ingredients

- 10 oz, cooked turkey breast, cubed
- 4 cups, romaine lettuce, torn into small pieces
- 1 large red apple, cored and cut into small pieces
- 1 orange, peeled and segmented (or use a small can of mandarin oranges)
- 1/4 cup, dried cranberries
- 3 Tbsp, coarsely chopped walnuts
- 3 kiwi fruit, peeled and sliced
- 1 cup, jellied whole-berry cranberry sauce
- 1/4 cup, thawed frozen orange juice concentrate

Instructions

1. In a medium bowl, combine turkey, apple pieces, cranberries, orange, and walnuts.
2. In a small bowl, mix cranberry sauce and orange juice concentrate. Arrange lettuce leaves among four plates.
3. Just before serving gently toss turkey mixture with dressing. Garnish with kiwi slices.

Recipe serves 4. I tired it & it's really yummy! I used my left over cranberry sauce and added orange juice instead of concentrate.



Nutrition Information:

Calories: 210
Protein: 15g
Carbs: 30 g
Fat: 5 g
Saturated Fat: 0 g
Sodium: 450 mg
Fiber: 6 g



Exercise... the poor person's plastic surgery.

~ Squidoo.COM

This move is deceiving!! It looks simple enough, but it's extremely challenging to do it with proper form, keeping your upper body stationary. If you need added challenge, bring the knee to the chest when the arms are at starting position.



Move of the Month Prone Plank Row

Exercise photo provided by Women's Health

Remember to warm up - 5 minutes (ie. jumping jacks, running on the spot, marching in place, etc) before exercising.

Stretch all major muscles groups - 5 mins

Grab a pair of 5- to 10-pound dumbbells and get in plank position with your hands on the weights and your feet hip-width apart (A). Remember, straight line from head to toe & be sure your hands are directly under your shoulders. Don't lock out any joints.

Without creating rotation in the upper body, bend your right elbow and raise the dumbbell until your elbow passes your torso.(B). Use a controlled fashion as the natural tendency to is move too quickly. Lower your arm and repeat on the other side.

Works core, shoulders, upper back, biceps, and triceps.

orleans wellness expo

be fit • eat right • think well • go green

Dear Expo Attendees,

Remember there's an on-line pre-registration for door prizes, you can enter your name in advance and pre-qualify for the draw. You'll have to be in attendance to win the prizes, which will take place at 1:00 pm on the day of the event.

I encourage you to pre-register at www.orleanswellnessexpo.com to get your name in the draw for these fabulous prizes (over \$3000 worth!).

I have a few tickets available, let me know if you'd like me to reserve them for you. First come, first serve.



Janet