



Saturday January 28<sup>th</sup> –  
Breakfast will be served  
from 8:30am to Noon  
compliments of ShopRite!

## A “How-to” Guide for New Year’s Resolutions

### 5 Realistic Resolutions for 2012



It's that time again—time to reflect on events of the past year and on what lies ahead. Since many people are in the process of making New Year's resolutions, here are some suggestions to consider. Each is based on three principles for success: keep it simple, keep it practical, and make it a joint effort.

#### 1. Focus on Nutrition

The desire to quickly shed unwanted pounds can sometimes bring on some “not-so-healthy” behaviors this time of year. Fad diets, unsafe diet supplements, and deprivation are just a few methods people try for a “quick fix.” The reality is there is no magic bullet when it comes to weight loss. Focus on adopting reasonable and healthy habits that you can easily incorporate into your lifestyle. Make it a goal to:

- Include a fruit or vegetable in every meal and snack.
- Cut back on high-calorie, sugary beverages. When weight loss is your goal, every calorie counts!
- Swap out refined (white) grains for whole-grain products like whole-grain bread, pasta, cereal, brown rice, and quinoa
- Choose lean meats, fish and poultry as well as non-meat protein sources like tofu, beans and nuts.

#### 2. Don't Forget to Eat

It's true what they say, six small meals spaced throughout the day can help guide you to a healthier weight. Skipping meals can run you off track and lead to overeating. Aim to eat within one half hour of waking and every 2-3 hours thereafter.

### 3. Enjoy Family Meals

Eating dinner together is a great way to encourage the whole family to get involved in adopting healthier habits. Make a set time for a meal and get everyone involved. Consider not only cooking together, but also getting others involved in meal planning, setting the table and even choosing a topic for dinner conversation. Dinner will go from being a meal to being a not-to-be-missed event.

### 4. Get Fit Together

Make exercise a group event, whether it's with family, friends or even a team or support group. Try new exercise classes, a new walking or biking route, or even swap your favorite fitness DVDs with friends. When it's done together, it feels less like work and more like fun!

### 5. Reduce Screen Time

Spend less time in front of the TV and computer. Did you know that the average American spends up to 5 hours a day in front of the TV and/or computer? Swap half that time for a healthier activity such as going for a walk with a friend, taking a yoga class, preparing a healthy meal, or even relaxing with a good book..

*Please note: Information contained on this website is intended for informational purposes only and does not replace advice from your doctor or health care provider. Individuals have different needs based on a number of factors including age, gender, ethnicity, level of physical activity, and current health status. For individual recommendations, please consult with a doctor, pharmacist, or a registered dietitian.*

**ASK THE  
DIETITIAN**

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