

New Year New You!!!



Barbara Ann Grova
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Every year, Americans make New Year's resolutions, which unfortunately often go

by the wayside before February begins. Why not make this year different? Resolve to take better care of yourself!

These tips will help you focus on your health and stick with your plan.

1. Build Your Team

You are the main player on your health care team and you must carefully choose the others. Your healthcare practitioner and your nutritionist should be strong members. A primary care physician or naturopath can be a great help in caring for your health. If you already have your basic team in place, consider adding other members such as a personal trainer and yogi depending on your goals. It is easier to stick to your new year's health resolution with a caring team.

2. Be Specific

Resolving to "take better care of my health and lose weight" can be an overwhelming process without support. Take some time to think about specifically what you want to accomplish. Some examples are: better blood sugar readings, weight loss, lowering your cholesterol, exercising more, reducing inflammation.

3. Set Yourself Up to Succeed

State your resolution as a goal that is reasonable, measurable and attainable. If you plan to lose weight, saying "I want to lose a lot of weight" is vague and "I will lose 150 pounds" may be just too much. But, "I will lose one or two pounds a week 80 percent of the time" is more realistic. That way, you can keep track of your progress

and have room for the weeks when you do not lose weight. You may decide to restate your resolution as the year progresses. Ask your nutritionist and other team members for ideas. Break down your goals into bite size steps.

4. Plan for Behavior Change

It will take many specific behaviors to meet your goal. For example, if your goal is to lose weight, you may need to do some or all of the following: adopt a new meal plan, participate in a cleanse, increase your activity or try new foods. This is where your team comes in handy. As a team you will work together to make these things happen.

5. Plan for Challenges

What will you do to stick to your resolution when you go on vacation or when the Valentine's Day chocolates show up? Planning with these situations in mind will make them easier to deal with when. As with your goal, be realistic with yourself. Maybe you can have two pieces of chocolate and throw the rest of the box away. Give yourself permission!

6. Think Positively

Your attitude and thoughts play a huge role in your success. Your thoughts can support your behavior change or sabotage it. If you slip up don't beat yourself up. Avoid using the word "cheat" or 'bad food' because it can make you feel guilty or feel like a 'bad' person' or like a failure. Realize that over the year things won't always be perfect and there will be parties, with all that you have learned you will know exactly how to handle it. Get right back on track at your next meal. Do your best, and ask for help when you need it.

7. Reward Yourself (not with food)

We all need positive reinforcement and praise for our hard work. Plan your rewards in advance to provide you with motivation. Reward yourself for your progress throughout the year rather than just waiting until you have reached your long-term goal. With the weight loss example, you could do something nice for yourself with every ten pounds you lose, but don't let it defeat your goal. Rather than celebrating with an ice cream sundae, buy yourself a non-food treat, go for a manicure or a massage or treat yourself to a

special activity like seeing a show or concert.
When you reach your long-term goal, give
yourself a bigger reward like new clothes.

Best wishes for a Healthy, Happy New Year! May
all your dreams come true and may you stick to
your goals!

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Barbara Ann Grova, CHHC, AADP -
NutritionalHealingWeb.com
631-428-2427