

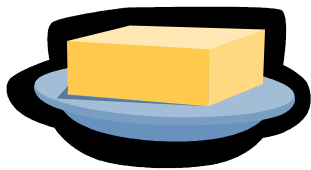
Happy New Year!

10 Tips for New Years Resolutions

Chances are, at some time in your life you've made a New Year's Resolution- and then broke it.

This year, stop the cycle of resolving to make change, by not following through. Here are 10 tips to get you started.

1. **Be realistic:** The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to never eat your favorite desserts again could be a bad choice. Strive for a goal that is attainable.
2. **Plan ahead:** Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mind-set that particular day. Instead it should be well planned before December 31st arrives.
3. **Outline your plan:** Decide how you will deal with the temptation to skip the exercise class, or just have one more cigarette. This could include calling on a friend for help, or practicing positive thinking and self-talk.
4. **Make a "pro" and "con" list:** It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.
5. **Talk about it:** Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better. The best case scenario is to find yourself a buddy who shares your New Year's Resolution and motivate each other.
6. **Reward yourself:** This doesn't mean that if your resolution is to diet you can eat an entire box of chocolates. Instead, celebrate your success by treating yourself to something that you enjoy.
7. **Track your progress:** Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated.
8. **Don't beat yourself up:** Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take them one at a time.
9. **Stick to it:** Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality.
10. **Keep trying:** If your resolution has totally run out of steam by mid February, don't despair. Start over again! There is no reason you can't make a "New Year's Resolution" any time of the year!



Fat Facts and Fiction– Michael F. Jacobson, Ph.D.

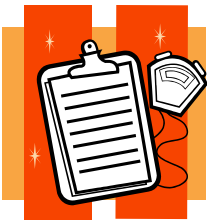
For decades the Food and Drug Administration considered partially hydrogenated vegetable oil (an ingredient in shortening, some margarine, crackers and other processed foods) to be “generally recognized as safe.” That all changed around 1990, when the trans fat in partially hydrogenated vegetable oil was discovered to increase “bad” blood cholesterol levels. Since then it also has been found to decrease “good” cholesterol and cause inflammation of the arteries. The FDA is requiring that the amount of trans fat be

listed on labels, beginning January 1, 2006. Some companies such as Kraft, Ruby Tuesday and others are already switching to healthier oils. But keep a close eye on food labels. Just because a food package brags NO TRANS FAT! does not mean its good for your heart. Some companies might switch to palm oil or butter, which won’t do your arteries any favors. Restaurant food is tougher to scope out, of course, because it doesn't come with labels. The bottom line? Protect your heart by staying away from anything partially hydrogenated and,

minimize your consumption of palm oil and other saturated fats.

Better ways to “Butter” your bread:

- Try tub margarine (trans-free brands)
- Use olive oil; just brush on bread
- Spread on honey or jam instead



The Super-fast Strength/Cardio Routine– Karen Asp

“Twenty minutes allows enough time to get your heart rate up and work up a sweat,” says Helen Kim, Fitness Manager of the Sports Club/LA in Miami. The key is intensity. This plan increases heart rate to boost cardio results. We recommend using a heart rate monitor for accuracy, but if you don't have one, here's how to gauge your activity:

To determine your resting heart rate, place your first two fingers on your wrist or at the side of your neck and count your pulse for 10 seconds. Then multiply that number by six.

For your maximal heart rate (MHR), subtract your age from 220. Then figure your heart rate zones by multiplying that number by 50 percent, then 60 percent, and finally 80 percent. Those are the numbers you'll want to hit on the routine below.

2 Minutes: walk at a slow pace (50% of your MHR)

5 Minutes: walk at a moderate pace, pumping your arms back and forth (60%) of your MHR)

7 Minutes: Walk faster feeling your breathing increase (80% of your MHR)

4 Minutes: Walk at a moderate pace (60% of your MHR)

2 Minutes: walk at a slow pace (50% of your MHR)

Sweet and Spicy BLT

Preparation Time: 10 Minutes

Seasoning Mix Makes: 5 Servings

Ingredients:

Seasoning Mix

- 1 Tbsp. Splenda® Granular
- 1/4 tsp. Cayenne Pepper
- 1/4 tsp. Garlic Powder
- 1 tsp. Paprika



Assembly for one sandwich

- 2 Slices Extra Lean Turkey Bacon
- 1 Leaf Green Lettuce
- 2 Slices Fresh Tomato
- 2 Slice Whole Wheat Bread
- 1 Tbsp. Fat Free Ranch Dressing



Directions

1. Place ingredients for seasoning mix in a small bowl. Mix well.
2. Place bacon on a microwaveable plate. Top each slice with 1/2 tsp. seasoning mix. Microwave bacon following label instructions.
3. Toast Bread. Spread ranch dressing on toast. Assemble sandwich with cooked bacon, lettuce and tomato.

Nutrition Information Per Serving

Serving Size:	1 Sandwich
Total Calories	215
Carbohydrates	39
Total Fat	4.5 g
Saturated Fat	1 g
Cholesterol	20 mg
Sodium	760 mg
Total Carbohydrate	34 g
Dietary Fiber	5 g
Sugars	5 g
Protein	12 g

Share your ... **Story** **Recipe** **Exercise Tip**

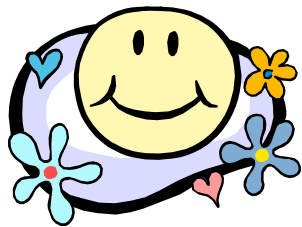
If you have a story to share, a favorite recipe or exercise tips please send it to CCWL so it can be put in the newsletter for others to read and enjoy!

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YUMMY additions to your protein shakes

Evaporated Milk- a half cup of condensed milk adds nearly 400 milligrams (mg) of calcium. Stronger bones means a stronger frame to hang muscle tissue on.

Vanilla Extract- it's the secret ingredient that made nearly everything your mom baked taste better. A couple of drops will do the same for your smoothie.

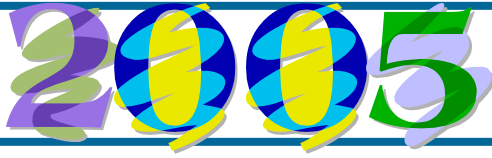
Pumpkin- Canned pumpkin is already cooked to a smooth consistency, so it slips easily into a protein shake. And a cup of it delivers 7 grams (g) of fiber, the crucial nutrient that most muscle-building, high protein diet lacks.

Flaxseed- Dropping 1 tablespoon of flaxseed (available at any health-food store) into the blender adds nearly 1.5 g omega-3 fatty acids, which lock protein into your muscle fibers. The seeds' nutty flavor goes particularly well with chocolate and peanut-butter smoothies.

Peaches- A cup of frozen peaches ups your shake's vitamin C count by 235 mg. That'll boost blood levels of cytokines- compounds that keep colds and flu at bay.



Shape up tips to start



off on the right foot!

1. Pack a lunch for work if it's hard to find restaurants and delis that offer whole grains, fruits and vegetables.
2. Always use the stairs.
3. Carry items - such as book bags, groceries, and picnic baskets to build strength.
4. Walk, jog, or skip instead of driving (to and from school, grocery store, library, park, etc.).
5. Make chores YOUR chance to be active.
6. Get off the bus a few stops early and walk.
7. Park the car AS FAR AWAY from the entrance as possible.
8. Designate indoor and outdoor play areas where rolling, climbing, jumping, and tumbling are allowed.
9. Buy toys or equipment that promotes physical activity.
10. Select fitness-oriented gifts with the recipient's skills and interests in mind.
11. Limit time spent watching television programs, videotapes, and playing computer games.
12. Use physical activity rather than food as a reward (e.g. family goes in-line skating).
13. Include grandparents, other relatives, and friends whenever possible.
14. Emphasize the importance of having fun and learning; avoid a push "to win".
15. Get off the couch and change the channel manually -- or better yet, turn it off!
16. Spend as much time outdoors as possible.
17. Use a bench or steps for step-aerobic workout.
18. Play "Twister" or other indoor active games.
19. Encourage everyone to "act out" a story as you read it.
20. Build an obstacle course in the basement or garage on a rainy day.

For more tips or information on physical activity visit www.shapeup.org

