

Health and Fitness Newsletter

Fort Bragg's FMWR Sports and Fitness Monthly Newsletter

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Motivational Quote

Try a Different Approach to Get Healthy

5 Tips On How to Stick With Your New Year's Resolution

Healthy Resolutions—How to Reach Your Goals

January's Recipe

23 Jan Aerobathon—9 AM—12 PM at Towle Court Fitness Center

22 Jan—6 Mar— Indoor Soccer

29-30 Jan—Post Racquetball Tournament

2 Feb—Spin Your Way Thin—8 Wk Weight Loss Program— Tuesdays at 9:30 AM

Motivational Quote: Motivation is what gets you started. Habit is what keeps you going. - Jim Ryun

Try A Different Approach

To improve health—

1. Buy Whole Food—canned, frozen, or fresh—use them in place of processed foods whenever possible.
2. Start each dinner with a mixed salad. This can reduce your appetite for more caloric foods.

To improve Physical Fitness

1. Do a squat to pick things up. This forces you to use your legs muscles and will build strength.
2. Every time you stop at a traffic light, tighten your thighs and butt muscles—No one will notice—This will firm these areas.

To improve Stress:

1. Give your partner a hug. Studies show this simple act can help you remain calm when chaos ensues.
2. Have a good cry. It can boost the immune system.
3. Twice a day, breathe deeply for 3 to 5 minutes.

To improve Sleep:

1. Sprinkle your sheets with lavender water. The scent help with relaxation.
2. Get a new pillow. Pillows with the indent in the middle can enhance sleep quality.

Five Tips on How to Stick with your New Year's Resolutions

1. Focus on positive self-talk. Congratulate yourself every time you take a step towards your resolution goal. Be your own best cheerleader.
2. Avoid berating yourself if you should fall back or break a resolution. Just brush yourself off and start over again.
3. Stick to your resolution by considering it a promise to yourself, not a test of your willpower.
4. Avoid situations that put you in temptation's path, meaning if you're on a diet, don't go to the ice cream parlor.
5. Keep a sticky note in a prominent place so that you see it every day, reminding yourself of your resolutions. (i.e., on your bathroom mirror, next to your bed, on the visor of your car, on the refrigerator .

Healthy Resolutions—How to Reach Your Goals

So where do we begin? Lets start with a definition: "A New Year's Resolution is a commitment that an individual makes to a project or a habit, often a lifestyle change that is generally interpreted as advantageous." There are some key factors here in this definition. First is the word "commitment" To be successful with your resolution, you have to have a strong initial commitment to make the change. Not thinking about making a resolution until the last minute, or reacting on New Year's Eve and make a resolution based on what is bothering you or is on your mind at the moment does not give you enough time to think through how you will proceed to keep your resolution.

Consider right now your new beginning, and asses whether or not you are ready to commit to a resolution. Decide if you are TRULY ready and willing to make the effort to kick a bad habit or start a healthy one. Confidence in your ability to make your set behavior change another key to making a successful change.

Here are some other ideas to help increase your chances for success in keeping your resolutions.

- Establish Your Resolution—Choose one, be positive, and gain knowledge. One mistake many of us make is making too many resolutions at once. If you want to stop smoking, lose weight, and reduce stress—that is great! But not all at once.
- Choose one area of your health you want to work on- Make it your own. Make sure you choose a resolution that is within your control and that you—not your family members or friends—want to make.
- Be Realistic— About what you can and will do and in what timeframe. Consider your finances, schedule, and personal affairs.
- Be Positive—Frame your resolution positively. Don't frame your resolution as an absolute, saying "I will never do X again." It simply sets us up for failure.
- Avoid repeat resolutions—Avoid repeating a previous resolution in the same way. Try a different technique. If you resolved to stop smoking or chewing tobacco "cold turkey" last year but didn't, try resolving to get more information, support, join a stop smoking program, or use a nicotine-fading method this year.

- Gain Knowledge—Set a goal to gain knowledge. If you are not sure how to reach your goal, set a goal to explore your need to make a health-related change; get the facts; find out what action steps are necessary; and realistically assess the potential obstacles in your life to make the change.

- Make a Plan—Be S.M.A.R.T. Once you have chosen your goal and learned how to go about it, it is time to make a plan. Writing down your resolution and how you will attain it are key to success. A great way to do this is to use a **S.M.A.R.T.**—Specific, Measureable, Achievable, Relevant, Time-Based plan.

Specific—Be specific—Saying "I want to get in shape."

Measurable—Make sure your goal is measurable—I will exercise 30 minutes a day, 5 days a week.

Attainable—Be realistic, and be honest. Assess your strengths and weaknesses.

Relevant—All goals toward being, healthier are relevant; however make sure they are appropriate for you.

Time- Based—A good resolution is time bound. You need to have a timeframe to work within for short and long term goals.



January's Recipe

Chicken Noodle Soup

- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 cup chopped celery
- 4 (14.5 ounce) cans chicken broth or bullion
- 12 oz. chopped cooked chicken breast
- 8 oz egg noodles
- 1 cup sliced carrots
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

Instructions

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

Nutritional Information

Calories: 167.5
Total Fat: 5.1 g
Cholesterol: 41.1 mg
Sodium: 1,028.8 mg
Total Carbs: 17.6 g
Dietary Fiber: 1.4 g
Protein: 12.3 g

All aerobics classes are now at Towle PFC Monday-Saturdays 5:00a.m.-7:30 pm-Hammond Hills Recreation Center on Monday, Wednesday, and Fridays at 9:30 am

Fitness Equipment Orientations now at Callahan PFC at 9:30 am and 1:30 pm. Call 432-6493 to sign-up.