

# Partnering For Change

## Wellness Coaching

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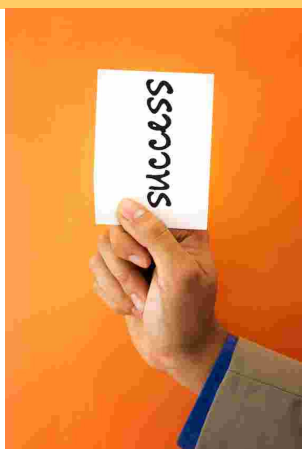


### Whole Life Wellness Newsletter

[www.partneringforchange.com](http://www.partneringforchange.com)

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### 7 Tips to Make Resolutions Stick



Sometimes we have the best of intentions when setting resolutions for the new year. Although we want to achieve specific goals, when March rolls around we often haven't made very much progress. Don't feel bad--this happens to many of us and the problem often isn't you, it's how you create and envision your goal. This year try using the following seven guidelines to create New Year's resolutions that really work for you.

1. **Frame your resolution in terms of actions, not outcomes.** For example, instead of saying "I'm going to eat healthier" say "I will eat 4 servings of vegetables and fruits each day". Focus on the steps you are going to take and not just where they lead.

2. **Be ambitious.** I've always told people that it's important to take Baby Steps to create lasting change, but make sure that your resolution challenges and excites you.

3. **Don't be too ambitious.** If you've always hated vegetables and rarely include them in your diet, don't resolve to eat 5 servings a day right off the bat.

4. **Make your resolution an intention, not a goal.** The word intention implies what you expect to do, not just what you'd like to do.

5. **Be positive.** It is much better to try to make your resolution about what you WILL do rather than what you want to stop doing.

6. **Quantify.** Make sure that your resolutions are measurable. Let's say that you want to incorporate more exercise into your daily routine. Instead of saying "I will exercise more each week" say "I will exercise 30 minutes, 5 times each week". Instead of saying "I will put more effort into my exercise" say "I will exercise at 70% my maximum heart rate for 20 minutes, 5 times each week". Creating very specific intentions helps you know whether you reached your goals. **Always remember:** if you are just beginning to exercise, start slowly and make sure your doctor gives you the ok for aerobic exercise. Start out at a lower heart rate, and as you train increase your workout intensity. If you have been exercising for a while and have no problems, challenge yourself to reach a higher level.

7. **Keep it simple.** Don't take on too much. Creating change is not about showing how strong and determined you are. If you want to become healthier, you don't have to set a



Your Wellness Coach, Rebecca Cohen

In my never ending search for wellness information, I recently came across the following two web sites. They are absolutely fantastic, honestly.

<http://www.calorie-count.com/>

This website provides calories/nutrient information on almost any kind of food you can think of. They also can analyze the nutritional content (calories, fat, etc.) of homecooked foods when you provide the recipe.

[www.fitday.com](http://www.fitday.com)

This web site does everything! You can: have food eaten during the day and physical activities analyzed for nutritional content and calories burned; print reports comparing intake with output; set weight loss goals and have help

goal to run a 10K marathon. Get yourself moving and keep your goals simple. There is nothing like success at meeting your own needs, and abilities, to keep you motivated and moving forward with energy.

## Announcing a new service: Complimentary help researching wellness information

Have you tried to find specific wellness information but didn't know where to look? Or maybe you searched and couldn't find the correct information? Do you have a wellness topic in mind that you'd like to suggest for future Whole Life Wellness newsletters?

I have heard these comments from several people and have decided to provide complimentary assistance with wellness searches for the next several months to see if I can be of help. At the end of my trial period I will reassess the complimentary status if the searches become very time intensive and require written reports. For now, if you would like help, please go to my web site ([click here](#)) and send me an email with your requested search topic. I have years of experience searching for health information and have gathered a wealth of resources that can be used to assist you.

## Don't Drastically Eliminate Fat from Your Diet!



If you drastically cut the fat from your diet, your body thinks you're starving. Your body will try to defend itself and store as much fat as possible and, thus, you don't lose weight. Cutting back on ALL fats can be very unhealthy and studies have shown that you can actually increase your risk of heart disease by decreasing high-density lipoproteins (HDLs, the "good" cholesterol) and boosting blood levels of triglycerides.

Your body needs fat to function correctly. All those good disease

preventing phytochemicals that come from fruits and vegetables will not be absorbed by your body without some fat. Fats maintain cell membranes and blood vessels, provide energy, transmit nerve impulses and produce some necessary hormones. In addition, the body needs a certain amount of fat in order to absorb nutrients like Vitamins A, D, E and K, and your hair, nails and joints need fat to function properly.

keeping on track; find healthy recipes and get help making recipes healthier.

### *What are the best fruits and vegetables by color?*

Here's a guide to eating the most nutritious fruits and vegetables based on their colors. These foods are particularly helpful in providing antioxidants and other chemicals that fight cancer, heart disease and diabetes:

**RED:** tomatoes, red peppers, strawberries

**ORANGE AND**

**YELLOW:** carrots, winter squashes, cantaloupe, oranges and grapefruits

**PURPLE:** eggplant

**GREEN:** dark lettuces, spinach, broccoli, Brussels sprouts

**WHITE:** cauliflower and garlic

**BLUE:** blueberries

### **WHITE BEAN**

#### **BRUSCHETTA:**

(easy, fast, delicious, low fat)

Place the following in a food processor:

- 1/4 cup chopped fresh parsley
- 1-1/2 tblsp. fresh lemon juice
- 1/4-1/2 tsp. salt (to taste)
- 1/4-1/2 tsp. freshly ground black pepper (to taste)
- 1 large garlic clove
- 1 (19 ounce) can cannellini (white) beans, rinsed, drained

Process paste until smooth.  
(continued below)

Mayo Clinic states that we should limit fat intake to the following:

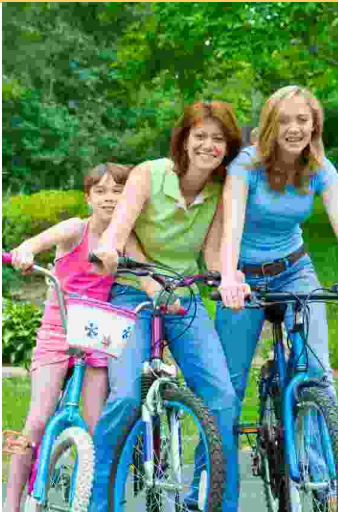
- Total Fat: no more than 20-35% of your daily calories. On a 1600 calorie diet, this is 53 grams and on a 2000 calorie diet it is 65 grams.
- Saturated Fat: no more than 10% of your daily calories. For most women this means no more than 20 grams a day and for men it means no more than 24 grams a day.

Fat quantity is not the only issue: it is also important to get the right kind of fat into your diet. Trans fats should be eliminated, and healthy fats, such as olive oil and omega 3 fats from oily fish and some nuts, should be added. (NOTE: If you have high cholesterol, your doctor may want you to reduce your fat intake even further and reduce your saturated fat to an absolute minimum.)

With processor on, slowly add **3 tblsp extravirgin olive oil**. Add **2 tsp. water** and process until creamy.

Serve with French bread cut into 1/2 inch thick slices, toasted in oven, or crackers. Thickens as it stays in refrigerator and is more full bodied the next day. (Serving Size 2 tblsp. Calories=123; Fat=3.5g; Chol= 0mg; Sodium 310mg).

## Even Busy Moms Need Exercise



Keeping up with your exercise program when you are a busy mom can be challenging, to say the least. To stay motivated, it's important that you don't focus on how hard it is and what you have to give up. Instead, remember what you will gain, such as health benefits and an increase in energy.

First, try to find someone who will babysit, if even for a few minutes, so you can get exercise time. If that isn't possible, consider trading minutes with another busy mother so she can have free time, too. If the problem is finding 30 minutes of continuous time for exercising, consider breaking your workout into manageable sessions that are only 10-15 minutes.

1. **In the first few months after your child's birth:** the regular interruptions to your sleep may leave you feeling too tired to think about exercise. However, starting back into some simple activities, such as walking, will help renew your energy levels. Use either a stroller or a carry-pack to take your child with you. If you're a runner, there are jogging strollers designed for this purpose. Also, mother/child classes are popular and some centers, such as the YMCA, often specialize in these programs

2. **Working moms:** use part of the lunch hour to exercise. If you write it into your schedule, you're less likely to skip the session and will find it provides a nice pick-me-up for the afternoon. Consider exercising before the kids are out of bed in the morning; stop at the gym on the way home from work and before the daycare pickup; or, walk outside or on a treadmill after getting the children into bed in the evening.

### EASY CRANBERRY SALAD:

(this is so simple and everyone loves it)

Put 2 *small* or 1 *large* pack of raspberry jello and 1-1/2 cups boiling water into a blender. Blend till thoroughly mixed. Add 1 can chilled whole cranberry sauce and 1/2 cup low-fat or fat-free sour cream. Blend. Pour into mold and chill till firm.

3. **After children get older:** juggling work, sports and school activities makes free time for exercise difficult to find. Use the time that you are waiting for the children: walk laps around the playing field or along one side of the field; walk in the parking lot; or go to the gym.

Remember, flexibility is the key. What works for you when your child is an infant may not work when he or she is older, especially as they become involved in activities outside the home. Be creative, focusing on remaining active and healthy. Use the opportunity to get your children involved in their own exercise routines. Have regular family walks or bike rides, go swimming together, or play tennis or touch football. Exercising with your children can be fun and better yet, sets a good example for them for lifelong activity. If you give it up and say you have no time, what does that tell the children about how you view exercise or taking care of your own health?

***Just in time for the New Year! Coaching gift certificates available from Partnering for Change so you can give the gift of wellness***

Because coaching is done on the telephone, it can be provided to anyone, anywhere in the USA. So, if you have a loved one who wants to achieve a higher level of wellness (but they don't know how to do it on their own), and you would like to help them with their New Year's resolutions, give them a gift certificate for wellness coaching. They can successfully achieve their fitness goals, and you will know that you helped them do that. Gift certificates can be purchased for any amount. Call 815- 895-9389 to order your gift of wellness.