

## New Year's Resolutions – what are your goals?

What is your New Year's resolution? New Year's is often a time for change, a chance to do something new or differently. Getting in shape and losing weight are among the most common resolutions people make. To make your resolution a reality, use goals to help you. Research shows that setting moderately challenging goals that are realistic, and that can be measured, is a helpful tool in making changes. Here are some tips:

**Know Your Starting Point.** Use Step Ahead's Physical Activity and Eating logs at [www.stepaheadprogram.com](http://www.stepaheadprogram.com) or in the Employee Resource Handbook to help you be more aware of what you currently do. On your eating log, what foods are you eating most often? Are there other foods you should be eating that aren't there? Maybe there times in your day when adding a healthy snack would keep your appetite under control and stop you from stuffing yourself later. Look over your activity log. Are you more active on school days or weekends and vacations? How can you add more activity on the days when you are less active? A snapshot of what you are doing now can help you plan what changes to make, and when and how to make them.

**Set short-term goals.** Set yourself up to succeed. When you reach your goal, celebrate and set a new goal. Start with something like: "I will park farther away from the building to walk more each day." When you have achieved that for a few weeks and it has become a habit, add a new goal, such as: "I will walk 15 minutes during lunch, three times a week." Then add: "I will walk 30 minutes after school, three times a week, or even, everyday!"

**Create a goal you can measure.** Goals like "I want to be in shape" or "I want to eat in a healthy way" are on the right track but you'll need more detail to know if you have succeeded. Choose an activity or event you'll be able to do when you are in shape, like a 5K walk or run, and aim to complete that. Think about what a healthier diet would look like for you, and make that into your goal.

**Think about your reasons for choosing and reaching this goal.** What's in it for you? Your family?

**Write it all down.** Keep it where you can refer to it and update it as you succeed.

### Recipe of the Week – Kevin's Favorite Chicken and Broccoli Pizza

*Save this and all of the other January recipes for entrees for your play-off parties.*

- 1 12-inch Boboli whole wheat pizza crust
  - 1 skinless, boneless chicken breast cut in ¼" cubes
  - Black pepper (to taste)
  - 2 cups broccoli chopped into small pieces
  - Garlic powder (to taste)
  - 1/2 cup marinara sauce
  - 1/2 cup low fat mozzarella cheese, shredded
  - 2 tsp. parmesan cheese
  - Non-stick cooking spray
- Preheat oven to 450°.
  - Spray medium sauté pan with cooking spray.
  - Sprinkle chicken with pepper and cook till no longer pink (about 3 minutes).
  - Spray medium pan. Add chopped broccoli and garlic

powder; cook until broccoli turns bright green (about 1-2 minutes).

- Spread marinara sauce on Boboli pizza crust, leaving 1/2 inch around the edges.
- Sprinkle toppings evenly over pizza: first parmesan, then chicken and broccoli, and mozzarella on top.
- Bake for 8 minutes on a baking sheet or directly on oven rack for a crisper crust.
- Remove and cut into 6 slices.

Nutrition Information (per slice):

Calories: 208	Total Fat: 5g
Saturated fat: 1.8g	Carbohydrates: 30g
Dietary fiber: 4g	Protein: 13g

**Tip of the Week** Using free weights for strength training? Choose a weight you can only lift 16 times to make sure you're challenging your body. Begin with 1 set of each exercise. Slowly work your way up to 2 or 3 sets. After you have a solid foundation (after 6-8 weeks), add more weight so that you can ONLY do 8 to 12 reps. Continue to progress by adding a rep each week until you reach the max reps (no more than 16), then increase the weight and drop your reps back down to 8-12.

-- exercise.about.com