

thinking ahead...



Gallagher Benefit Services, Inc.



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WELLNESS WEEKLY

New Year's Diet Resolutions

Are you making bold resolutions on January 1 to "eat right"? Stop trying to overhaul your entire diet in a day! Resolve to think small and you can reach any diet goal -- one focused step at a time. Why not start with these simple tips?

New Year's Diet Resolution #1: Go Slow

Resolving to get more fiber in your diet this year? Maybe more fish or fresh fruit? Any diet change is easier if you take slow, small steps. For example:

1. Add a piece of produce to your brown bag lunch daily.
2. Designate a day as fish day.
3. Package up a single serving of your favorite whole-grain cereal, then treat it as your midmorning snack.

New Year's Diet Resolution #2: Water!

Water: It's cheap, fat-free, and gives your body a quenching boost. Find the idea of eight cups a day daunting? Think small:

1. Drink a glass first thing, before you brush your teeth.
2. Tempted by more soda? Another glass of wine? Drink a cup of water with a splash of your favorite beverage in it first.

New Year's Diet Resolution #3: Go for Color

Colorful produce is packed with disease-fighting plant compounds, so when you shop, reach for colors.

1. Designate a color-a-day. Maybe Mondays are yellow, with grapefruit, golden apples, or corn starring in meals, while Tuesdays are purple with plum and eggplant.
2. Get the kids involved and go for a theme: Build a green pizza with bell peppers and artichokes
3. Vary the rainbow -- pick up a new-to-you fruit or veggie to try

New Year's Diet Resolution #4: Tackle Mindless Munching

You're chatting with friends around the table or watching a DVD -- and you just keep nibbling. Try these tips to reign in the munchies:

1. Pop a stick of gum or a sugar-free mint in your mouth.
2. Brush or floss your teeth.
3. Pay attention -- look at each piece of food you plan to eat.
4. Busy your hands with a glass of water, a cup of tea, or cleaning off the table.

New Year's Diet Resolution #5: Stack the Odds in Your Favor

Don't forget to help yourself succeed, and to reach out for help when you need it.

1. Buddy up with a friend or family member with diet and weight loss resolutions. Then share your ideas, plans, and successes regularly.
2. Leave the temptations -- ice cream, chips, soda -- at the grocery store. Promise yourself you'll cater to cravings only outside the home, in one-serving portions.
3. Socialize with non-food events. Get your friends together in the park, for a hike, or at the movies.

New Year's Diet Resolution #6: Baby Your Body

Prevention: It's a lot less daunting than treating a chronic condition, so do the little things that keep your body thriving.

1. Get moving 30 minutes a day most days. Go for a walk, take a hike. Whatever gets the blood pumping qualifies!
2. Get those tests you know you need. Cholesterol checks, prostate exams, pap smears -- stay ahead of the game by staying healthy.
3. Get all the snooze-time you need. Sleep helps body and soul recharge, stay healthy, and cope with stress.

Take enough steps and you'll reach any goal. Resolve to make a few small diet resolutions this year and then just watch how far you'll go! Happy New Year's!