

# January 2019

## New Year's Resolutions that Stick

Resolutions can be hard to stick to. No matter your goal, follow these simple tips to keep yourself on track this year.

- **Write it down:** Physically writing down your goal sets the intention and makes it more likely you'll hold yourself accountable. Bonus—post it where you can see it everyday!
- **Set small, tangible goals:** Make your goal measurable so you can track your progress. Example: Lose 5lbs or save \$500. You'll feel successful meeting smaller goals on your way to reaching one large goal.
- **Reward yourself:** Keep yourself motivated by splurging on a new pair of running shoes or a refreshing bowl of frozen yogurt when you reach a milestone!
- **Don't give up:** We're all human. Setbacks are inevitable. But don't let one small slip-up ruin what you've worked hard for. Get back on your feet and keep going!

## Beat the Winter Blues

Life naturally slows down in the winter. The days grow shorter, the weather grows colder and we instinctively plant ourselves in front of the TV with a blanket and cup of cocoa. But if this routine is starting to bring you down, try these strategies to boost your mood:

- **Make your environment brighter:** Open blinds, invest in a sun-light lamp or bring colorful decorations into your home to make it feel warmer.
- **Eat Smarter:** Healthy foods like whole grains, fresh fruits and vegetables provide a sustainable energy boost, while candy and soda provide a quick spike of energy, followed by a crash which can also lead to feelings of anxiety and depression.
- **Exercise:** Exercise can improve mood by increasing the amount of feel-good chemicals in the brain: serotonin and dopamine. Bonus—bundle up and get outside! The fresh air and sunlight will help boost your mood as well.
- **Volunteer:** Helping others has been shown to improve mental health immensely. Volunteer at an organization near you or simply deliver a random act of kindness to a co-worker.
- **Hydrate:** Dehydration can have physical effects on the body and make you feel more drained than normal. So drink up!



### There's an App for That!

High quality audio fitness classes taught by certified personal trainers, set to the perfect playlist.

**Aaptiv**

Cost: \$15/mo (30 day free trial)  
Available on iOS and Android

## Healthy recipe: Blueberry chicken pasta salad with field greens

Lively mix of fresh blueberries, red pepper, whole-grain penne pasta and field greens tossed with blueberry vinaigrette.

### Ingredients

#### For the blueberry vinaigrette

- ½ cup fresh blueberries
- 2 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar
- ½ tsp Dijon mustard
- 2 tsp honey
- ¼ tsp salt

#### For the salad

- 1 ½ cups fresh blueberries
- 2 cups cooked whole grain penne pasta
- 12 ounces cooked chicken breast (sliced)
- 4 cups field greens
- ½ cup red onion
- 1 medium red bell pepper (chopped)



### Directions

1. Blend vinaigrette ingredients in a blender, set aside.
2. In a medium size bowl, toss all ingredients with dressing.

Source: [choosemyplate.gov](http://choosemyplate.gov)

## Community Events

### Sturgeon Spectacular Fun Run

Saturday, February 9, 2019; Fond du Lac, WI

Join in for a scenic run through Lakeside Park. The courses will wind through Lakeside Park and tour Oven Island and Softball Island. Cost: \$10; **Website:** [www.sturgeonspectacular.com](http://www.sturgeonspectacular.com)

### Freezin' for a Reason 5K & Polar Plunge

Saturday, February 16, 2019; Oshkosh, WI

It's a Polar Dash with a Splash! Break a sweat jaunting across Oshkosh before you plunge. Or, participate in the Freezin' for a Reason 5k in lieu of plunging! Cost: \$30 for 5k/ \$100 for 5k and Plunge; **Website:** [polarplungewi.org](http://polarplungewi.org)

