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What is your New Year resolution and what will you do to ensure it is maintained throughout the year? Email your response to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card!

Please e-mail info@wellworksforyou.com with your response. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the **last day of the month**.



5 Ways To Keep Your New Year Resolution

A Wellworks For You Blog

It happens every year. Everybody sets out to begin the new year with positive lifestyle changes--some simple, some wildly ambitious. Everyone intends on this being the year that we finally follow through on our goals.

And, for a while, it really does seem to be going well!

The January healthy lifestyle bump is an annual trend; in fact, many businesses account for it in their commercial predictions. Gyms account for spikes in membership at the start of the new year, and health food sales likewise see an annual January increase. And then, without fail, the spike begins to drop as formerly committed self-improvers one by one begin to abandon their New Year's resolutions.

So what can you do to be one of the few that holds to their resolution all year round? If you want to know how to keep your New Year resolution, here are five tips that can help you to stick with your resolution even when the going gets rough.

The vast majority of abandoned resolutions result from three factors: Overly-ambitious goals, a lack of long-term motivation, and limited time. Take a minute to read over these five helpful tips for keeping your New Year's resolution; they can make a huge difference in helping you to overcome the obstacles that stand between you and the goals you've set.

1. Set Realistic Goals

If you've eaten meat three meals a day all your life, will you really be able to go fully vegan overnight? If you've lived a sedentary lifestyle, is running five miles daily a realistic goal? Many resolutions are dropped because they are overly ambitious and, therefore, unsustainable. Set a realistic goal that--if you're completely honest with yourself--you'll be capable of keeping.

2. Update Your Plan Monthly

Setting monthly goals and reassessing at the beginning of each new month is a good way to maintain motivation. As time goes by, it's easy to lose track of

an annual goal; a monthly goal is often more manageable and practical--plus, you can adjust to accommodate your progress, rather than letting your lifestyle changes stagnate.

3. Keep A Resolution Partner

Wondering how to keep a New Year resolution? Ask a friend. No, really--ask a friend to share your resolution with you. Having a buddy for activities, a partner for accountability, and a bit of friendly competition can make all the difference in standing by your resolution.

4. Get Connected With A Health Coach

A Health Coach can be a great asset for keeping a New Year's resolution. They offer knowledge, experience, and assistance with planning, scheduling, and implementing your resolution. They have the resources needed to help you determine what actions you need to take in order to achieve the goals you want--and help you to follow through.

Following these tips can help you to set realistic goals and successfully maintain your resolution year-round.

Source: Wellworks For You



JANUARY IS: GLAUCOMA AWARENESS MONTH

What is Glaucoma?

There are over 3 million people in the United States diagnosed with glaucoma. With no associated symptoms, a person can lose 40% of their vision without ever noticing! Raising awareness for this preventable blindness is extremely important as the projected number of those with glaucoma is set to reach 4.2 million by 2030, according to the National Eye Institute.

Facts

- ✓ Glaucoma is the second leading cause of blindness in the world
- ✓ There are virtually no symptoms
- ✓ Vision loss is attributed to damage to the optic nerve
- ✓ Comprehensive eye exams are the best way to protect your eyesight
- ✓ Siblings of those diagnosed have an increased risk of having glaucoma
- ✓ There is no cure for glaucoma
- ✓ Early detection can prevent the progression of the disease

Source: Glaucoma Research Foundation. Retrieved from <http://www.glaucoma.org/news/glaucoma-awareness-month.php>

Sleep for a Better You in THE NEW YEAR



By: Wellworks For You

Getting the appropriate amount of sleep each night can affect your health in a positive way.

The obvious signs of a good night's sleep — feeling refreshed, lack of under-eye circles and bags, and increased energy — are just the tip of the iceberg when it comes to the benefits of healthy sleep habits. Adequate sleep is an important component of your overall health, affecting your weight, heart, mind, and more. Some key benefits of sufficient sleep include:

- Improved memory
- Reduction of inflammation in the body
- Enhanced creativity
- Decreased stress levels
- Sharpened attention

Before you decide to watch an extra episode of your favorite show before bedtime, think about what you could be missing out on during your 7-8 hours of recommended sleep.

Did You Know?

According to the National Highway Traffic Safety Administration, in 2013, an estimated 800 deaths, 44,000 injuries, and 72,000 crashes were attributed to drowsy driving.

Featured Recipe:

Balsamic & Parmesan Roasted Cauliflower

Yield: Serves 4

Roasting isn't usually the first cooking method you think of for cauliflower but the results are quite delicious. The florets are cut into thick slices and tossed with extra-virgin olive oil and herbs. Wherever the flat surfaces come into contact with the hot roasting pan, a deep browning occurs that results in a sweet, nutty flavor.

Ingredients

- ❖ 8 cups 1-inch-thick slices cauliflower florets, (about 1 large head)
- ❖ 2 tablespoons extra-virgin olive oil
- ❖ 1 teaspoon dried marjoram
- ❖ ¼ teaspoon salt
- ❖ Freshly ground pepper to taste
- ❖ 2 tablespoons balsamic vinegar
- ❖ ½ cup finely shredded Parmesan cheese

Preparation

1. Preheat oven to 450°F.
2. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Nutrition

Serving Size: about 1 cups

Per serving: 152 calories; 10 g fat (3 g sat); 3 g fiber; 10 g carbohydrates; 7 g protein; 90 mcg folate; 7 mg cholesterol; 5 g sugars; 0 g added sugars; 99 IU vitamin A; 75 mg vitamin C; 163 mg calcium; 1 mg iron; 362 mg sodium; 519 mg potassium

Source: EatingWell. Retrieved from <http://www.eatingwell.com/recipe/251947/balsamic-parmesan-roasted-cauliflower/>



New Year Resolution Quotes that Motivate

Some ways to stay motivated in achieving your New Year's resolutions long-term include surrounding yourself with accountability and people who will build you up, having a plan or strategy in achieving these goals, and focusing on the positive with some encouraging New Year's resolution quotes.

**“For last year’s words belong to last year’s language
And next year’s words await
another voice.”**

— T.S. Eliot, Four Quartets

**“New Year – a new chapter, new
verse, or just the same old story?
Ultimately we write it. The choice is
ours.”**

— Alex Morritt, Impromptu Scribe

**“Let me give you a New Year
message: Believe in yourself,
because no one ever achieved
anything significant without
believing in himself and no one
ever will! Believe in yourself
powerfully, especially when there
is no reason left to believe in
yourself because the ultimate
bottom is the best place to start a
big rise!”**

— Mehmet Murat ildan

Source: Wellworks For You



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