

New Year's Resolutions You Should Keep!

<http://dieteticdirections.com/new-years-resolutions-keep-2017/>

What is the point of making a **New Year's resolution** for living *better, healthier* lives if it is not maintainable? Today, I will share my **5 best tips** for boosting your health and well-being! All my tips are *achievable* and *sustainable* all year round!

1. Focus on “life-long change”:

This year, ditch all those fad diets, the hunger strikes, the elimination diets and take charge of your health with real foods that taste good! Remember that any valiant effort to lose weight that involves **deprivation** and/or extreme exercise is unsustainable; you will eventually **default** to your old habits. Therefore, make a commitment to focus on **lifelong** behavior change using strategies that are healthy, enjoyable and therefore sustainable. Remind yourself that you are worth it and that you are in it for the long haul!

2. Fill up with fibre:

This is a resolution that I have made myself years ago and have had no problem sustaining because I feel so full and energized after enjoying a high fibre breakfast or fibre rich snack. Remember that fibre fills us up on few calories; it slows digestion, lowers cholesterol and stabilizes blood sugars. Try choosing **whole grains** (ie. oatmeal, quinoa, brown rice, barley) and choose b-fast cereals with more than five grams of fibre per serving. I love adding about 1.5 Tbsp of chia seeds to cereal and yogurt to boost fibre at a meal or snack.

3. Take the stairs:

Don't think about it; just take those stairs *instead* of the elevator or escalator. I am always amazed how people wait in line for the escalator at the subway while few are taking advantage of the stairs as the perfect way to improve their health! It is a fact that taking the stairs burns twice the number of calories as walking. Stair climbers also have greater leg strength and better aerobic capacity. Start today because climbing just two flights of stairs daily could equate to a 6 pound weight loss per year! Similarly, if you did six flights a day, this could equate to a 18 pound weight loss over one year.

4. Go meatless once a week:

There are numerous benefits to choosing vegetarian protein alternatives more frequently. Benefits include a lower risk of cardiovascular disease, cancer, diabetes and obesity. Choosing to forego meat one day a week also helps the environment since it reduces your carbon footprint.

5. Commit to cook!

We have become increasingly dependent upon processed, convenience and restaurant meals. Similarly, our taste buds have become accustomed to crave these types of high fat, salt laden and high sugar foods. This year, choose to cook your own food more often to improve your dietary quality and decrease your reliance on processed foods. Your waistline will thank you for it!