

## Top Ten New Years Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. This is a list of the ten most popular New Year resolutions.

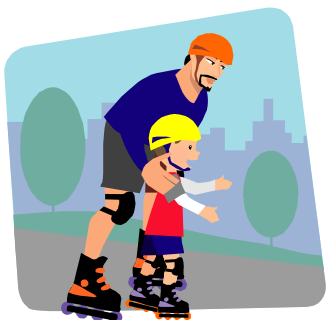
### 1. Spend Time with Loves Ones

Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of people asked, vow to appreciate loved ones and spend more time with family and friends this year.



### 2. Get Fit

Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.



### 3. Lose Weight

Weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of people who made a New Year's commitment to shed extra pounds.



### 4. Stop Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good.

### 5. Enjoy Life More

Given the hectic, stressful lifestyles of millions of people in the world, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you!

### 6. Stop Drinking

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available.

### 7. Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of people who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

### 8. Learn Something New

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. Challenge your mind in the coming year, and your horizons will expand.



### 9. Be More Charitable

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help.

### 10. Reorganize Life

On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, these tips and resources should get you started on the way to a more organized life.

# Losing Motivation? You Don't Feel Like Doing Anything?

I don't think there is anyone who doesn't sometimes find themselves not wanting to do the things that they should and want to do. It's part of human nature that there will be times that, in spite of all that we need to do, and even desire to, we will find ourselves lacking the motivation to do anything. The ability at those moments to ignite our will power to enable us to overcome our lack of motivation is what can get us over these humps.

Try some of the following strategies to get yourself going even when you don't feel like doing anything at all.

## Do You Need a Break?

After working hard for a period of time the lethargy we are feeling can be our body telling us that we simply need a break. Sometimes we do need a break and it's important to be open to this. A two day or even a week long break can be just the thing you need to help your body regenerate itself. Take a break and then get back to it!



## Change Your Routine

Vary your routine. Instead of doing an hour 2-3 times a week switch to half hour exercise sessions for awhile. If you only do one group exercise session a week, switch to two for a month to shake yourself into action. Talk to your trainer about totally changing your training program and maybe setting you some homework. You'll find if you challenge yourself in different ways you won't be bored, and will be less likely to try and avoid exercise.

## Start Small

If you can't be bothered exercising make a commitment to go and just do a smaller workout. This will keep you from getting into a cycle of giving up when you don't feel like committing to something.



## Reward Yourself

If you find yourself struggling to maintain your exercise program then maybe plan yourself a little reward. This can be at the end of a week or a month, whatever works for you. It's usually best if it doesn't involve food though!

## Associate Exercise With Pleasure Rather Than Pain

Humans tend to connect every action with either pleasure or pain. When lacking motivation to exercise, what we are probably finding is that we are associating exercise with pain, rather than pleasure. For instance when we feel we have no time to exercise, we're bored with what we're doing and the pain and hard work of exercising gets too much then these things are all pain associated. Remind yourself that by exercising you will feel better about yourself, lose weight, and I will have more energy. This will bring you pleasure. Good luck!  
Kylie

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## Tuna and Egg Salad

### Serves 4

Canned tuna and egg are a classic salad combination and the sliced onion adds crunch. Use water-packed tuna, if preferred.

### Ingredients

- 2 medium eggs, hard-boiled
- 2 medium red capsicums
- 50g stuffed green olives
- 1 large onion
- 1 small head butter lettuce
- 1 large can (425g) tuna in oil, drained
- few sprigs oregano, for garnish
- herb vinaigrette
- 4 tablespoons olive oil
- 3 tablespoons sherry vinegar
- 1 clove garlic, crushed
- salt and freshly ground black pepper
- 1 tablespoon each chopped fresh thyme, oregano and flat-leaf parsley

### Method

1. Peel hard-boiled eggs and slice into rounds. Dice capsicums. Slice olives. Cut onion into thin rings. Separate lettuce leaves and use to line serving plates.
2. Arrange eggs, capsicums, onion rings and olives on lettuce leaves. Flake tuna into chunks and add to salad.
3. To make herb vinaigrette, whisk oil, vinegar, garlic and salt and pepper to taste. Stir in chopped herbs.
4. Drizzle vinaigrette over salad. Garnish salad with oregano sprigs.

Kylie

