

DECEMBER 2020 EDITION

# New Year, Fresh Start

Good-bye 2020, Hello 2021!



## Making Your New Year's Resolutions Stick

We've all been there...we take a vow to lose weight, eat healthier or exercise more. We start the year with great intentions, but then we quickly relapse into old habits. This is the year we're really going to do it!

Tips to help make your resolutions a reality:

- Write down your intentions and keep them in a visible place.
- Get really clear on what your life will look like once you achieve your goal. Visualize it!
- Share your resolutions with your spouse, your friends and your family.
- Practice positive affirmations
- Follow the 3 R's of habit change to accomplish your resolution. Reminder - Routine - Reward
- Get to the source of whatever is keeping you in a rut.
- Reward yourself with every little accomplishment.

Source: Vida Health

# Healthy New Year's Party Foods

**CELEBRATE WHILE STAYING ALIGNED WITH YOUR GOALS!**

New Year's Eve is time to celebrate with your friends, family and loved ones! It is also the perfect time to show off your hosting skills and to "wow" your company with tasty and HEALTHY dishes!! Here is a great list of things you can serve or put on your buffet table before the meal begins:

- Saute onions, garlic, herbs and mix in greek yogurt. Pour in some water and a little honey until soupy. Then toss in your homemade meatballs and cook them in the sauce until cooked. Serve in the sauce with toothpicks nearby.
- Brown rice noodle salad: Brown rice noodles cooked and drained then coated with a light olive oil. Toss in a bowl with basil, feta, tomatoes, olives and serve.
- Mini meat loafs: Make a meatloaf and then cut into thick 2 inch rectangles and cover top with ketchup. Place on a rectangular platter and keep warm until serving.
- Kale salad with persimmons, raisins, and cashews. Take kale chop fine and let sit in your dressing for at least 2 hours, then mix in finely chopped persimmons, add the raisins and chopped cashews.
- Make a lasagna and replace the regular pasta with a whole wheat or brown rice version and cut the lasagna into small squares and serve on a plate.
- Bowls of nuts, dried fruits, and cherry tomatoes.
- Stuff apples with brown rice mixed with herbs and yellow peppers and pack it tight. After they cook slice them into thick wedges and serve.



HAPPY NEW YEAR!

Source: Vida Health



## Happy New Year from the H2life NB!

We are beyond blessed to do the work that we do. Thank you for your continued trust and support in making our communities healthier one plate at a time. Let's rock our health & wellness goals for 2021!

Love, The Hedman Crew



For more information on health coaching services contact us at:

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