

Nutrition: A New Year with New Beginnings

Nicole's Helpful Hints to Staying in Control



How many of you think of this when you think New Years Resolutions? Instead of making a to do list for the first week of the year let's think outside of the box. We often focus on 150 minutes of exercise per week, no more ice cream for the year, no more fast food, etc While these are great goals, we know we are human,

and life happens which sometimes prevent us from accomplishing these goals. This often times leads to us falling off the "band wagon".

Start asking yourself questions like:

1. What keeps me from succeeding past the first week of the new year?
2. What encourages me to move forward with my goals?
3. How do I de-stress my life?
4. How do I enjoy life more?

Life is worth so much more than an overwhelmed life and an underwhelmed soul. Instead of setting a goal to eliminate something you love from your life, try to eliminate something that is hurting you. Whether that is say no to a weekly activity that gives you no time to rest, saying yes to an opportunity that helps you de-stress, or whether it is setting up your life for positive motivation from the people in it. It is hard trying to succeed in midst of negative comments, or realizing you do not have a support system in place.

So instead of my New Year's resolution being to stop eating peanut butter in and on any dish, including desserts (like that will ever happen), instead my New Year's Resolution will be to balance work, family, and church activities in a way that I am no longer overwhelmed with it all. This in turn will promote better health because I will have more time for the activities that help me relax. Like cooking with peanut butter!!!

My challenge to you is to think outside the box of food and exercise this year for your resolution. The reality is if you do, you are more likely to succeed anyways.

Hope you had a Merry Christmas, and have a Happy New Year!

-Nicole Hancock, LIFT Dietitian

Recipe of the Month

5 Ingredient Blender Peanut Butter Banana Muffins

Ingredients:

- 1 cup natural peanut butter
- 2 large eggs
- 2 medium sized very ripe bananas
- ½ teaspoon baking soda
- 1 teaspoon vanilla
- 2 tablespoons honey (optional, but I added it!)
- Optional toppings of choice: dark chocolate chips, coconut, raisins, craisins

Instructions:

- Preheat oven to 400 degrees.
- Place ingredients in the blender and blend until well mixed.
- Pour batter into muffin tin greased with cooking spray or coconut oil.
- Add a variety of toppings into each muffin spot and stir.
- Cooking time varies- 9 minutes for regular muffins for me, 8 minutes for mini muffins.
- *Bag up mini muffins to make mini muffin packets for snacks and lunches.



Member of the Month

Congratulations to Officer Tisdale! He is December's member of the month. Officer Tisdale is on the SWAT Team for the City of Jackson Police Department. He works long shifts, has a family, is fluent in Greek, and preaches from time to time. That being said, he has dedicated his life to this city and, in doing so, he makes sure that he is both mentally and physically ready to handle whatever the job throws at him. He is in here almost every day doing both strength and cardio training. He has recovered from shoulder surgery, went through therapy, and now is at LIFT making his shoulder and surrounding muscles stronger. His goal is not to max out on bench, but to continue gaining strength, flexibility, and endurance in his training. Since being at LIFT, Officer Tisdale has cleaned up his diet as well. He is constantly meal prepping and packing lunches/dinners. Putting as much focus on his health as he does on other areas of his life, makes Derick an awesome LIFT member! Congratulations again, Officer Tisdale for making LIFT a part of your lifestyle!



What the Fit!?!?

Starting the Year off Right



With the New Year here, many will make a New Year's resolution to get back in shape. Many will fail because of not making it a habit. Here are some suggestions to help make 2015 a year of health and wellness and help you to make exercise the best habit you have.

1. The best way to get started is to START. The number one reason people have trouble starting a good workout program is because of procrastination. Stop making excuses!!
2. Find a time that works for you. Don't get caught up in all the recommendations of when the best time to work out is. The best time is the time that works with your schedule.
3. Commit! Make exercising a priority. Make an appointment with yourself on your calendar and keep it!

Now you've made it past the hardest step, all you have to do is work out. Here are some suggestions to starting a good workout and to keep you coming back.

- If it has been awhile since you last exercised, **start slow!** Also, always ask one of our exercise specialists for help.
 - **Get a fitness assessment/one-on-one consult with an exercise specialist.** It's free and it will start you off on the right foot.
 - **Consider personal training.** This will assure you have a professional to keep you accountable and give you all the tools you need for success.
 - If Personal Training isn't an option for you right now, **ask about Exercise coaching.** An Exercise Specialist can design an exercise prescription, which will give you the tools to do the workouts on your own.
 - **Get involved with Group Fitness classes.** The best way to make exercise fun is to get to know new people and workout together.
 - **Bring a friend.** When you make a commitment with each other, you can keep each other accountable.
 - **Make your workouts enjoyable.** Decide what kind of workout you enjoy the most and stick to it.
- Last but not least, go for what matters, YOURSELF. Realize that results may be slow, but they will come. The main objective is not to look good for other people but to feel good for you. Remember, it takes 21 days of consistent exercise to make it a habit! **START TODAY!**

-Kent Schott, ATC/L, CWT, YCSAS, Fitness Manager

GroupX Highlight-Meg Hargett



Congratulations to Meg Hargett for being our Group Exercise instructor of the month! Meg has such a happy and positive attitude that is reflected in her classes. She teaches a variety of spin classes. She also has a fundraiser ride to raise money for the Humane Society: Peddlin' for the Pets. She is always so enthusiastic about her classes and even decorates them to fit her ride of the month. We love having such a wonderful, energetic teacher!

THE NEW RUNNER TREADMILL WORKOUT

TIME	SPEED (MPH)	INCLINE
0:00-5:00	3.0	1.0
5:00-10:00	3.5	1.0
10:00-12:00	5.5	1.0
12:00-16:00	3.5	1.0
16:00-18:00	5.5	1.0
18:00-22:00	3.5	1.0
22:00-24:00	5.8	1.0
24:00-28:00	3.5	1.0
28:00-30:00	5.8	1.0
30:00-35:00	3.5	1.0
35:00-40:00	3.0	1.0

POPSUGAR