



NUTRITION NEWS

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HAPPY 2020 BEAUTIFUL PEOPLE!

I don't know about all of you, but 2019 went by in an absolute flash! It's quite mind blowing the way time accelerates with the turn of each year. This year is a big one though, because not only is it the turn of a new year, but it is the start of a NEW DECADE! Where were you ten years ago? Where will you be ten years from now? How many goals and New Year's resolutions have you set for yourself and actually saw all the way through? Let's get real here for a second... How many empty promises have you made to yourself? How many times have you said you were going to do something and followed all the way through with it? Whether that be eating healthy, exercising, saving money, waking up early instead of hitting snooze time after time (preaching to the choir here), starting and finishing a home project, paying off credit card debt, finishing school, whatever the case may be, you fill in the blank, but are you keeping your word to yourself? It is called integrity. Integrity is doing the things you say you are going to do, when you say you are going to do them, when no one is watching. Why is it so easy to show up for others, yet we think it to be no big deal when we don't show up for ourselves. If you wouldn't stand up a friend going through a hard time, then why do you think it is okay to bail on ourselves in the difficult times? A good reputation with yourself is just as important, if not more important, as a good reputation with others. We all know the importance of following through with promises to others, yet without thought or remorse it's nothing to break promises to ourselves. If you want to be proud of the person you are when you look in the mirror, then stay true to what you say. Follow through with your goals and promises to yourself time and time again.

I challenge us all this New Year/new decade to stay true to our promises to ourselves. Let's be so busy and persistent with our promises this year that we gain a whole new confidence, because that is exactly what the product of integrity will be.



- ❖ New Year Pep Talk!
- ❖ How to Stick to Goals and Promises
- ❖ The Best is Yet to Come



- ❖ Move That Beautiful Body
- ❖ Recipe of the Month
- ❖ Motivational Quote of the Month

HOW TO STICK TO YOUR GOALS AND PROMISES!

- Start small, pick one thing that you want to change or improve on and focus on that ONE thing. Don't move on to the next goal or promise to yourself until you achieve or make a habit of the first.
- Don't just talk about it, be about it. Practice putting your words into actions.
- Write it down as if it has already happened and be as specific as possible. You want something, write it down like it's already the present situation. Ex. "I have \$7,000 in my savings." "I own my own bakery." "I lost 25 lbs." Speak it and write it into existence.
- Be realistic, don't pick something you know you are not going to do.
- Don't make excuses, make a way.
- Put a plan in place and put that plan into action every day. Write out the steps if you must and refer to them on the daily.
- Accountability. Find someone or something that is going to hold you accountable.
- Find your why. When you have a strong why for doing something, that why will carry you through the tough, unmotivated moments.
- Be relentless and hardworking. Your dreams, goals, and promises won't work unless you do!



You know, if we sit back and look at the bigger picture, and I mean really dig deep and have the capability to see the bigger picture, you will find how silly and truly insignificant it is to stress and sweat the little things in life. I know I am guilty of this very thing. We get so caught up in this fast-paced, time-slows-down-for-no one world, before we know it, our days slip away in a blur without truly enjoying the simple moments. I read and hear from so many at the end of their rope, that their biggest regrets in life were not telling the ones they love just how much they love them, or not spending enough time with loved ones. Never does anybody who is lying on their death bed wish they spent more time working, or wishing they had more material things, because in the end they are just that, 'material' things. We cannot take our money or prized possessions with us beyond this world. So the next time something goes wrong, like a water pipe busting outside

your house, your kid staining new carpet, your significant other spending too much money on non-sense, or someone treating you bad, before blowing a gasket and saying something hurtful out of anger, take a second to gather yourself and look at the bigger picture. Think about it, these same moments won't matter in a few hours, next week, in a few years, or when you are lying on your death bed, so why give them the power to matter so much now? And to those who are in the midst of a battle and life just has you down and out, hold on a little bit longer, your time is coming. It is a brand new year, filled with endless opportunities. It is a matter of what we make of the moments we are given on this earth. Challenging days, or even seasons, are not forever, make the most of the bad days and choose to learn something from them. Find the positive, because I am telling you, the best is yet to come! There are so many good days ahead filled with many blessings! Push through the grimy days to enjoy the best days that lie ahead.



MOVE THAT BEAUTIFUL BODY WITH A NEW YEAR'S WORKOUT!



- ❖ 10 jumping jacks
- ❖ 9 jump squats
- ❖ 8 mountain climbers
- ❖ 7 burpees
- ❖ 6 walking lunges (both legs=1)

- ❖ 5 tricep dips
- ❖ 4 push-ups
- ❖ 3 frog jumps
- ❖ 2 squats
- ❖ 1 minute plank

*Do this workout as a ladder and repeat 3x, only resting in between sets when done with all the exercises!!

DELICIOUS PROTEIN OAT BERRY WAFFLES



Ingredients:

- 2 eggs
- 1 cup oat flour (make your own by blending 1 1/2 cups of oats)
- 1/2 cup all-purpose flour
- 1/2 Tbsp baking soda
- 1 cup unsweetened almond milk (or milk of choice)
- 1/4 cup coconut oil (or olive oil)
- 2 1/2 Tbsp of maple sugar (optional if you don't have it)
- 1/2 tsp of sea salt
- 1 scoop of protein powder of choice
- Fruit! (blueberries, strawberries, bananas)

Instructions:

- Preheat waffle iron
- Add all contents in blender to mix thoroughly
- Spray waffle iron with nonstick spray
- Top with fruit and other toppings of choice

"DO EVERYTHING WITH A GOOD HEART AND EXPECT NOTHING IN RETURN AND YOU WILL NEVER BE DISAPPOINTED."