

# HEALTH & FITNESS

Jan. 1  
Jan. 2  
Jan. 3  
Jan. 4  
Jan. 5  
Jan. 6  
Jan. 7  
Jan. 8  
Jan. 9

2010 Resolution: Give up chocolate and run 2 miles every day!

# Resolution breakdown

## Are you on track to reach your nutrition goals for 2010?

BY ANGELA WALISZEWSKI

It's been a month since the new year began, and now may be a good time to take stock of your resolution efforts. How far have you come?

In a Jan. 1 article, Time magazine reported nearly half of American adults were somewhat likely to make a new year's resolution for 2010. And the goals of losing weight and getting in better shape were as popular as ever. But a majority of people who resolve to be more healthful fail as early as February, reports WebMD.com. The reasons? They didn't simplify their goals, made their goals too unrealistic, or tried to take on too much too soon and were overwhelmed. Think about it: If you want to run a marathon, you would start running shorter distances first — a 5k, 10k, half-marathon — before taking on the full 26.2 miles.

With the first month of 2010 almost behind you, if you're worried about making it through the next 11 with your health resolutions intact, here are some simple guidelines that can make them more realistic and obtainable.

■ Whenever you eat a meal, look down at your plate and ask yourself three questions: Do I see at least three food groups? Are the portions smaller than my hand? And do I see at least three different colors? Gravy, hot sauce and other condiments are not to be considered.

■ Be sure to consume about 25 grams of fiber per day. Fruits and vegetables add fiber, color and essential vitamins and minerals to your diet.

■ Eat foods that are low calorie dense, meaning items with less calories and more nutrition. This includes broth soups, fruits, vegetables, lean meats and low-fat dairy.

■ Eliminate processed foods and fast



### OR



food. Choose more wholesome foods with higher nutritional value.

■ Strive for a diet balancing carbohydrates, proteins and good fats.

■ Incorporate three main meals and three small, healthy snacks throughout your day. This will prevent any cravings and binging come mealtime.

■ Focus on foods that are rich in Omega-3s. These are good fats that you want in your diet. They have been shown to reduce your risk for heart disease, decrease depression and boost your immune system.

■ Plan for physical activity in your day and make it a priority. There are plenty of excuses that can be made or distractions to keep you from achieving a healthy, 30-minute cardio workout.

■ Find a workout buddy. Together, you will hold each other accountable and offer a support system.

■ Don't forget to reward yourself along the way. But pick rewards that are not food related, like new running shoes, a heart rate monitor to track calories, workout clothes, a massage or a mini vacation.

■ Most importantly, keep a food journal. This will help remind you of what foods you are eating, and when. You'll be able to track whether you skipped a meal and if you are eating because you are hungry or just mindlessly eating to pass the time.

So remember, focus on small, obtainable changes over time. These will make for bigger and better successes in the long run. After all, it's a new year, not just a new month, and there are 11 more to go.

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### For further guidance

Once you've recorded a week's worth of eating habits, compare them to Healthy People's 2010 goals and guidelines to make sure you're on the right track. These tips were written and approved by the Food and Drug Administration and National Institute of Health.

Below are a few of their suggestions for achieving and maintaining a healthy weight:

- Increase fruit consumption to at least two servings per day
- Increase vegetable consumption to at least three servings per day, with majority coming from dark leafy greens or orange vegetables
- Increase whole grain consumption to six servings per day, with at least half of those servings from whole grains
- Eat less than 10 percent saturated fat in your diet
- Eat less than 30 percent of total fat in your diet
- Eat less than 2,400 mg of sodium per day
- Increase calcium consumption to two to three servings per day

SOURCE: healthypeople.gov

Jan. 26  
Jan. 25  
Jan. 24  
Jan. 23  
Jan. 22  
Jan. 21  
Jan. 20  
Jan. 19  
Jan. 18

Resolution: ~~Chocolate once a week~~ every other day, walk 2 miles ... never mind

Jan. 10  
Jan. 11  
Jan. 12  
Jan. 13  
Jan. 14  
Jan. 15  
Jan. 16  
Jan. 17

Resolution: ~~No chocolate once a week, run~~ walk 2 miles every day!

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