

# YOU DON'T GROW WHEN YOU'RE COMFORTABLE

Yes, it's 2020! I hope that 2019 brought some joy to all of you. Many of you have also experienced some overwhelming grief, loss and unexpected health issues. Sadly, this is the hardest part of life. We are, however, mostly very resilient beings, so, somehow we go on and move forward. We begin again to look at setting new goals for ourselves – for our health, our families and our careers. I'm not talking about New Year's resolutions, because research has shown that about 30% of resolution-makers give up on their goal(s) before they even reach the two week mark. Then come the feelings of guilt, shame and failure. This would definitely be counter-productive. So, instead of New Year's resolutions, let's call them "New You" resolutions. You can start today or any day that you are ready to think about the things (behaviors) that may be holding you back from having a happier, healthier, more financially-fit life – you can call it whatever you like. Once you identify these behaviors, understand that you may have to stretch yourself a bit and make yourself a bit uncomfortable in order to move away from these behaviors and on to those that will make you healthier, happier and more financially-fit. How can we do this?

1. *Get super-focused on your top priorities. We all have an endless, daily to-do list and it can be overwhelming. The most successful people in life make their most important "to-do" items happen first thing in the morning. Let's say you decide you want to get in better shape but you don't have time to get to the gym in the morning before work? You would decide to wake up 30 minutes earlier than usual, drink 8-16 oz. of water and go for a 20 minute*

*power-walk. Finish it off with 4 sets of push ups and crunches and you are done! Let's say you decide you need to lose a few pounds? Well, you would decide that things like alcohol and sugar could not really be part of your new healthier lifestyle. Here's the thing, if we don't make PERMANENT lifestyle changes, then we'll just be losing and then gaining back the same 20 lbs!*

2. *Alcohol is not your friend. Yes, I know it is a very social thing, but you can still be social with a glass of seltzer and lime in your hand. It's hard to lose weight and keep it off if you're drinking every night or every weekend. Alcohol also does a number on your liver and it interferes with a deep, restful sleep.*

3. *Yearn for sweat. Yes, we are back to the exercise piece. Make a commitment to exercise 2, 3, 4 or 5 days a week. Start where you are and build on that as your energy and time allows. Exercise and sweating are a key piece in whole body detoxification. It's also great for endorphin production, so, when you work out in the morning, the rest of your day is just better.*

4. *De-clutter and "healthify" your pantry. So, you've decided to eat healthier in 2020? One way to ensure that is to get rid of some of your old eating habits – like those sugary cookies and those white flour crackers.*

None of this is easy but it may not be as hard as we think. Pick one thing and start with that. When you feel comfortable with your progress then work on something else. If you need help with the nutrition piece, you know where to find me!



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