



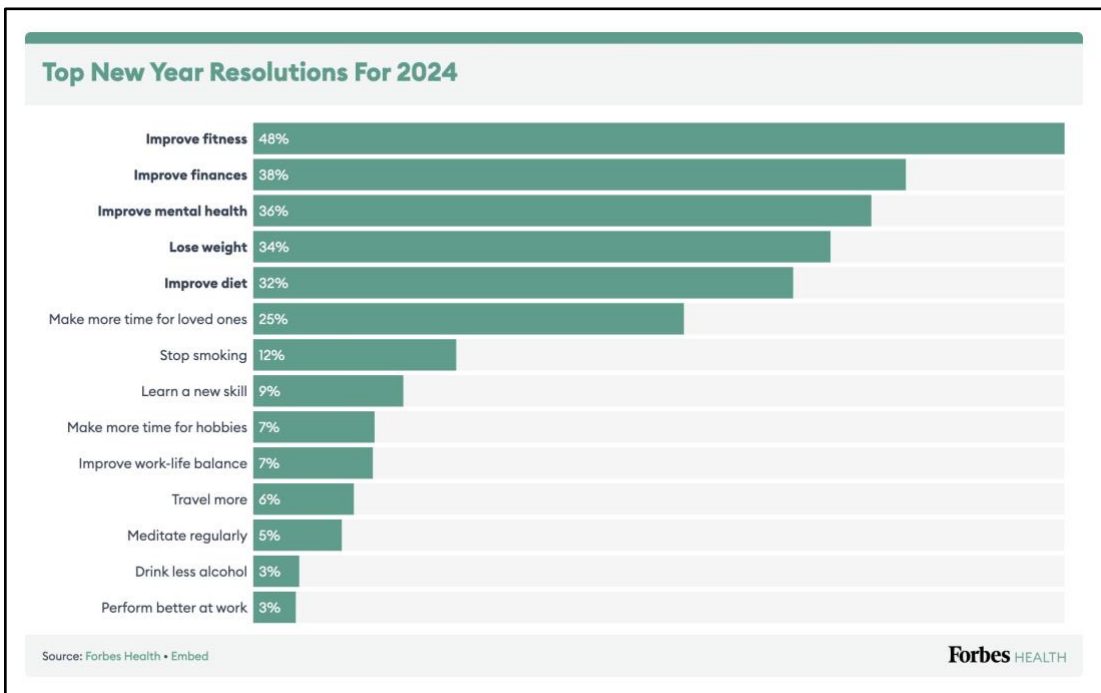
Fourth Edition: January 2024.

HAPPY NEW YEAR!



Congratulations! We made it to a new year! Time to set those new year's resolutions. Or is it? Below, from Forbes Health, are the statistics on the most popular resolutions. Check out the top five. Do any of these look familiar or resonate with you? Before you respond, consider this: The average resolution lasts 3.74 months; only 8% tend to stick with their goals for one month; 22% for two or three months and 13% for four months. This doesn't instill much confidence. I'm not sharing this to deter you from making health resolutions for the new year, however. Quite the opposite. The key to any goal or resolution is to make it real. That's what my goal is for the year ahead. To help you set *realistic* goals. In 2024 we'll focus on

these three things. 1) **Keep your body moving**, 2) **Fuel your body with good nutrition**, and 3) **Be proud of your body and what you can (will) achieve in the weeks and months ahead**. To kick things off keep this quote from Dwayne (The Rock) Johnson handy. "*Wake up determined. Go to bed satisfied!*" Let's focus on the positive. You with me? Great! Now let's get to it.



We all know the benefits of maintaining good nutrition and exercise, but we can never remind ourselves too often. To kick off the new year as we consider our goals, keep these things in mind about how important nutrition and regular exercise are. Eating well and exercising:

- > WARD OFF disease
- > REDUCE stress, anxiety, depression
- > BOOST brain power
- > STIMULATE metabolism
- > INCREASE overall quality of life, including sleep, mood, energy-level, and so much more!

Do you remember the significance of the number 150? Let me know your answer at our next session!

"Obstacles don't have to stop you. If you run into a wall don't turn around and give up. Figure out how to climb it, go through it, or work around it." ~Michael Jordan

Article about CICO. Click [HERE](#).

FAST FACTS that impact weight:

- Our genetics, sex, age and overall health (*Not an excuse, however, to give up on any health goals you have set for yourself.*)
- Stress levels and sleep quality influence our food choices (*Ever experience junk food cravings, binges when you're under stress or haven't had a good night's sleep? See graphic below on hormones*)
- How often we intentionally exercise and whether we're new to it or we've participated in it for a while (*If you are new to exercise you'll see and feel changes in your body relatively quickly; been working out for a while and not seeing any results? Change up a few things and assess your nutrition.*)
- The pantry and the fridge are not hereditary. You can control what you choose, unlike your age or genetics.

KEEP IN MIND: **We can't exercise away a bad diet,**

to lose 1/2 POUND per week	aim for a 250-CALORIE deficit per day
to lose 1 POUND per week	aim for a 500-CALORIE deficit per day
to lose 2 POUNDS per week	aim for a 1000-CALORIE deficit per day

What we put in to our body has a significant impact on how well our body performs, our mood, our energy, our sleep...

Let's build the best version of ourselves by eating well and getting daily exercise! 😊

CICO – CALORIES IN CALORIES OUT

- There is no magic diet that will change science; the facts are the facts. How much we eat vs how we expend those calories are what count when it comes to weight loss or gain. Consuming more calories than we burn is a sure way to gain weight. Consuming fewer calories than we burn will lead to a tip in the scales in the right direction if our goal is to lose weight.
- What we eat, however, also plays a critical role when it comes to weight management. Making good food choices increases our chances exponentially for better health and any weight loss efforts we're trying to make over the long term. As we've discussed before, the [Mediterranean Diet](#) routinely comes out on top for healthy eating best practices, so let's eat more fresh fruits and vegetables, get our fiber and stick with lean meats and fish (i.e. chicken, turkey, tuna, salmon).
- Fiber slows down the rate at which food empties our stomach, which allows our brain extra time to register that we're full. Fiber helps regulate the body's use of sugar, which helps keep hunger and blood sugar in check. See the list below of examples of high fiber foods.

Fruits (i.e. berries, pears, apples with skin, avocado)

Green leafy vegetables (raw & cooked)

Vegetables (i.e. baby carrots, bell peppers, broccoli)

Seeds (i.e. chia and flax seeds)

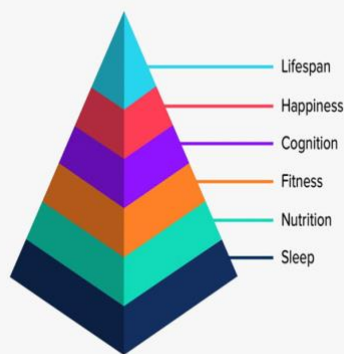
Beans (i.e. kidney, navy, white beans)

Nuts (i.e. almonds, hazelnuts, pecans, pistachios)

Whole grains, lentils, oatmeal

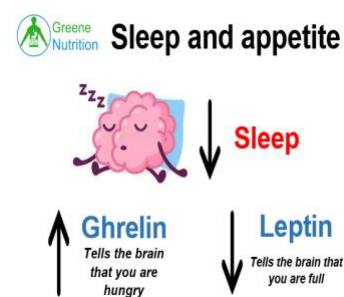
FIBER is the answer to all things BEST about nutrition

For more information about fiber, click [HERE](#)!



In the pyramid of life, sleep is important! Two hours less of sleep a night increases the risk of obesity by 15%. The hormones leptin and ghrelin tell us if we're full or hungry. A lack of sleep disrupts their ability to do their job, thus the desire to choose high fat/calorie foods and not exercise when we're tired. And we all know what happens when we don't eat right or exercise...

YOU have the power to shape your own health destiny. Make 2024 your year. You can do it!



Exercise is the safest drug on the market to improve our overall health so keep moving!



ABOUT Coach Wendy: Wendy retired from the U.S. Navy in March 2022 as a captain. Originally from Corning, NY, Wendy's father was a health teacher and athletic coach at the local high school, imbuing in his daughter the importance of physical fitness. Growing up Wendy enjoyed many athletic activities, including gymnastics and ballet. Wendy joined the Navy after graduating from SUNY Albany. Throughout her career she routinely scored in the top one percent of all her Navy unit personnel on the semiannual physical fitness test. She also competed in several biathlons and triathlons during her off-duty hours and has run two marathons. Wendy is passionate about helping others achieve their very best. Wendy is a certified fitness and nutrition coach through the National Academy of Sports Medicine and currently works with clients of all ages and abilities at the LA Fitness Signature Club in Niles, IL. Wendy holds a bachelor's degree in mathematics and a master's degree in communication. She is married and lives in Chicago.

Questions? Comments? Text, call or email. (312) 522-6811 / coachwendy2022@gmail.com