



The New Year is quickly nearing, and with the holiday season already upon us many people are indulging in retrospection and reevaluating some of their life choices. New Year's resolutions are an opportunity for all those who have failed to start making the changes that they said they would make next week, next month, or perhaps when winter starts.

Well, now's your chance to sit down and prepare a list of important lifestyle changes you want to make. The most common...

Get in shape: Losing weight and working out seem to be the most popular resolutions. It's easy enough to start an exercise and diet program but finding something that you can make a lifestyle is the challenge.

Eating healthier: Switching to a healthier diet can be incredibly tricky when we are surrounded by cheap junk food. However, with a good amount of determination and some basic tips you can slowly develop healthier eating habits. Learning to control emotional eating being the highest priority.

Become more active: Movement of any kind is beneficial. Whether is be at the gym, at home or during your lunch break at work. Setting reasonable goals that are scheduled into your day make keeping them more realistic.

Start Small to Achieve Big Wins!



If you have struggled to set resolutions and goals in the past only to fail, then consider attending "The New Years Resolution Solution" Workshop to be held Jan 6th @ 1pm at Elite Therapeutic Massage.

Schedule online @ beyondpersonaltraining.org

December 10, 2018

Check in every morning to fb

Beyond Personal Training

and take part in the daily challenges.

Small habits repeated daily lead to lifestyle change.



Make this *your* year by creating new habits



WORKOUT OF THE WEEK

7 Push ups

7 Squats

7 Prone Snow Angels

7R & 7L Split Squats

7 Tricep Push ups

7R & 7L Single Leg Dead

7 Full Sit ups

7 Rounds



SLOW COOKER CHICKEN TORTILLA SOUP

INGREDIENTS

1 onion chopped
2 cloves garlic minced
1 tablespoon olive oil
3 cups low sodium chicken broth
1 8 ounce can tomato sauce
1 14.5 ounce can diced tomatoes
1 4.5 ounce can green chilis
1/4 cup chopped cilantro
4 cups cooked and shredded chicken or rotisserie chicken
1 1 ounce packed Taco Seasoning
1 11 ounce can corn, drained and rinsed

FOR THE TORTILLA STRIPS

2 cups Olive oil
2 8 " Tortillas
1 tablespoon taco seasoning

OPTIONAL GARNISHES

sliced Jalapenos, low fat sour cream, low fat shredded cheese

INSTRUCTIONS

1. Heat oil over medium/high heat in a medium skillet. Add onion and garlic and cook until translucent, about 3 minutes, to keep a bit of their crunch.
2. Once sautéed, add the onion and garlic to a slow cooker over high heat. Add in all other ingredients except for tortillas and garnishes. Stir to combine.
3. Heat on high, covered, for 2-3 hours, or on low for 4-5 hours.
4. Before serving, prepare the tortilla crisps:
5. In a small saucepan, heat the Olive oil over medium/high heat.
6. Using a pizza cutter, cut each tortilla into 1/2-inch strips.
7. Cook the strips in batches, about 2-4 minutes or until browned.
8. Using a slotted spoon, remove the strips and allow to drain on a paper towel.
9. While strips are still hot and before they've dried, sprinkle with taco seasoning and salt to taste. Allow to dry completely.
10. When ready to serve the soup, serve garnished with extra cilantro, low fat sour cream, jalapenos, and tortilla strips. Or any of your favorite toppings!

Nutrition Facts: Makes 6 servings

Amount Per Serving

Calories 360

Total Fat 22g

Total Carbohydrates 22g

Protein 19g