



Not all results can be seen as a number on the scale. There is more to health and wellness than a number. It is a feeling, and everyone has a different idea on what “HEALTHY and HAPPY” feels like and what it means to them.

Changes do not always have to be drastic to be dramatic! By changing small things and sticking with them over the long haul, you can make a very big change. Little things, consistently applied over long periods, add up. For example, how many times have you set New Year’s resolutions in January, only to abandon them by March?

We’ve all done it, but it can leave you feeling guilty and like you’ve failed yet again to improve your health, exercise more, eat better, etc. It can set up a negative spiral in your relationship with your body and your health. There is a better way, and you can fall in love with your body and your health — you just have to shift your mindset. So, this year before the New Year begins, set your mind to small habits and self-care.

**Real change doesn’t come quickly** – it is impossible to develop healthy habits overnight unless you are the only person on earth with fail proof willpower.

#### **Decide You’re Worth It**

This year, when you’re thinking about the resolutions you want to make, skip the ones that involve losing weight, getting into better shape, etc. Instead, focus on loving and accepting yourself. Decide that you are worth taking care of — that it’s worth the effort to put yourself first once in a while. Then, instead of thinking “I should exercise more” or “I should lose weight,” ask yourself “How can I do more to take care of myself?” “What can I do to put myself first?” “How can I make my health more of a priority?”

Pick 1-2 small action steps that you can start now and that feel doable in the context of your life. Then act. Right away!

#### **Continually Ask How You Can Love Yourself More**

Make those 1-2 things the focus of your attention and energy for the next few weeks. Tell a friend or family member what you are doing and ask them to hold you accountable. Once you start to experience some success in taking action and making changes, it will start to shift your view of what is possible. Then you can ask yourself those same questions again: “What else can I do to take better care of myself?” And pick another small action to start focusing on once your first actions start to become part of what you do each day.

#### **Start Small, Go Big**

That is the key to starting healthy habits that last. Start small with actions that you can sustain. Early success will keep you going, and they will ultimately become part of who you are and what you do each day without thinking about it — just like brushing your teeth. It doesn’t even matter what the actions are, as long as they are taking a small step on your path towards health. However, actions that help you feel better will naturally keep you motivated to continue.

December 2, 2018



## HEALTHY HABITS

Log on to my  
Beyond Personal  
Training  
Facebook Page  
Even if you  
missed the first  
days the Healthy  
Holiday  
Challenge, check  
in every morning  
for a new mini  
habit challenge.

SMALL CHANGES  
CAN MAKE A  
BIG  
DIFFERENCE

One day at time,  
one small step at  
a time...

# FROZEN YOGURT BARK

## INGREDIENTS

- **Yogurt Bark:**
- 500g / 2 cups Greek yogurt
- 2 tbsp honey
- 1 tbsp cranberries
- 1 tbsp raisins
- 
- **Toppings:**
- 5 fresh strawberries, chopped
- 1 tbsp dark chocolate chips
- 1 tsp desiccated coconut



## INSTRUCTIONS

1. Mix the yogurt and honey together until well combined. Add the cranberries and raisins and stir again.
2. Line a baking tray with foil and pour the yogurt mixture on top. Spread it depending on how thick or thin you want your bark to be. Mine was approx. 1/2 inch thick.
3. Sprinkle the strawberries, chocolate chips and desiccated coconut on top and place in the freezer for 2-4 hours or until it is completely frozen.
4. Remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in food bags.

**Serves 8**

*Calories Per Serving: **99**, 4.2g Fat, 10.3g Carbs, 5.9g Protein*