

## BRR, ITS COLD OUTSIDE



It's so hard to get out of bed on cold, dark mornings. Nobody wants to leave their warm bed when the alarm goes off. Temperature and light have a huge impact on our bodies during the winter extremes that have settled in. On the inside you feel like you lack motivation, or you can't find your mojo to get up and go. That's when the excuses start to creep in. It's easy to fall into a vicious cycle of excuses that

destroy momentum and kill your motivation to move. Here are a few things you can do to encourage yourself to leave the comfort of your warm bed.

Adjust the thermostat timer to warm your home or bedroom before the alarm goes off. If the temperature outside the covers is as enjoyable as inside, *poof!* the excuse is gone. Even better, put your workout clothes near the vent so they are toasty warm and ready for you when you climb out of bed.

Find a friend who will commit to joining you in the morning for walks or workouts and hold you accountable for showing up. Knowing someone is waiting for you to share the pain of the early morning darkness might be just the stimulus you need to throw back the covers and get out of the house.

Put it on paper. Plan your workouts and schedule them in. Write your goals down, making them specific and measurable, and track progress so you can reward yourself for the results.

Post it. Facebook, Instagram or even text your intentions to a friend. It can strengthen your intentions and commitment, even if it is to avoid the embarrassment and guilt of not following through.

Use mini-goals for major rewards. Set small targets that lead to higher intensity, focus and discipline to stay on track each day. Maybe the number of miles or the number of workouts this week.

Remember what works for you. If you find yourself suitably motivated in the summer, what specifically created that motivation: Targets? Goals? Friends? Coach? Competition? The great outdoors? How can you tap into the driving force and the feeling it creates in the summer and replicate something similar now?

The best way to overcome our excuses are to not create them in the first place. The more things that need to fall into place in order to get to the gym on time, the more likely we are to find a reason not to go. If you can't get to the gym, keep a gym handy. Have equipment at home that you can use when you can't leave the house. You don't need a lot of space or equipment to get a quality workout.

November 12, 2018

This weeks challenge

Physical:

**MOVE and stay warm**

Nutritional:

**Pack snacks for the week**

Behavioral:

**Plan your day the night before**

Self-care:

**Find time for a hot bath!**

### WORKOUT OF THE WEEK

A mile a day

Treadmill, Bike, Elliptical, Stairs  
or Pool

Inside or out

“

THE ACCOMPLISHMENT OF ANY GOAL IS THE PROGRESSIVE ACCUMULATION, OR COMPOUND EFFECT, OF SMALL STEPS TAKEN CONSISTENTLY OVER TIME

DARREN HARDY

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# Beefy Corn and Black Bean Chili

## Ingredients

- 1-pound lean ground beef or turkey
- 2 teaspoons chili powder blend
- 1 (14-ounce) package frozen seasoned corn and black beans
- 1 can Chili Magic
- 1 (64 oz) container Pace Picante Sauce
- Reduced-fat sour cream (optional)
- Sliced green onions (optional)



## How to Make It

**Step 1:** Combine beef and chili powder blend in a large pot. Cook over medium-high heat until beef is browned, stirring to crumble. Drain and return to pan.

**Step 2:** Stir in frozen corn mixture, Chili Magic and Pace Picante, and bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 5 minutes, stirring occasionally.

**Step 3:** Ladle chili into bowls. Top each serving with sour cream and onions, if desired.

**Crock Pot Option:** Step 2 – put all remaining ingredients in Crock Pot and cook on low for 2-4 hours

Upcoming Wellness Workshops held @ Elite Therapeutic Massage 1121 Westrac Dr – 102

January 6<sup>th</sup>: New Year's Resolution Solution

February 3<sup>rd</sup>: A Fresh Start

Upcoming Retreats held @ Holbrook Farms Resort 51383 Bucks Mill Rd, Detroit Lakes

February 8-10<sup>th</sup> & February 22-24<sup>th</sup> Self-Love Themed (decadent desserts and massage)