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Well NEWS

A Monthly Insight into Health and Wellness



Keep that New Year's Resolution

This time of year, most of us are thinking of how to make the next year better than the last. We are looking to improve upon ourself in hopes of starting the year off on the right foot. This year follow these tips to not only start your year off strong but also make sure that your resolution sticks.

1. **Be Realistic.** The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up for failure. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.
2. **Plan Ahead.** Start to plan your resolution at least a week before implementing it.
3. **Outline your Plan.** Decide how you will deal when things go off track. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your 'bad' will affect your goal.
4. **Talk about it.** Tell anyone who will listen about your resolution. The best-case scenario is to find a buddy who shares your resolution and motivate each other.
5. **Reward Yourself.** Celebrate your success by treating yourself to something that does not contradict your resolution.
6. **Track your Progress.** Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated.
7. **Don't Beat Yourself Up.** Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.
8. **Stick to it!** Experts say that it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won't happen overnight, so be persistent and patient.



Featured Anti-Inflammatory Food

Kale

Kale contains antioxidant and anti-inflammatory properties along with fiber and omega-3 fatty acids.

Eat more Kale by using it in a salad or trying out this recipe!

Sautéed Kale and Quinoa Patties

Ingredients

1 cup quinoa	1 teaspoon cumin
5-6 large kale leaves	1/4 cup chopped cilantro or parsley
4 large eggs, beaten	1/2 lemon (both the zest and juice)
1/2 cup grated parmesan cheese	1 cup bread crumbs
Small white onion, diced	6 tablespoon safflower oil
3 cloves garlic	2 cups water
1 teaspoon salt	

Directions

Place water and quinoa into a medium saucepan and let soak for about 15 minutes. Bring the water to a boil and reduce to a simmer before putting a lid on the pan. Simmer for about 20 minutes and fluff the quinoa with a fork. Let cool to room temperature. Next, steam the kale for 30 seconds and chop into small pieces. In a large bowl combine the cooked quinoa, kale, eggs, parmesan cheese, lemon zest, bread crumbs, and seasonings. Use your hands to form the mixture into patties. Place 3 tablespoons of oil in a skillet on medium heat. Cook half of the patties first, being sure not to overcrowd the skillet. Cook on each side until golden brown, about 5 minutes. Rinse the oil off of the skillet and heat 3 more tablespoons of oil before cooking the next batch.



Special Feature
from our partner:
**Feed your
Vitality**

Choose kale that is firm and not wilted. The leaves should be dark green with no holes. Store kale in the refrigerator for up to five days.



Check us out at:

www.feedyourvitality.com

Newsletter Quiz

1. Do you have a New Year's Resolution? If so, what is it?
2. Have you ever tried Kale?

To earn your Wellness Incentive Points, e-mail your response to Katie@wellworksinc.com by January 31, 2016

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