



Make Your Resolution Stick!

It's that time of year again where most of us feel compelled to make modifications to our lives for the New Year. This is usually accompanied with gaining five pounds since Thanksgiving and overspending on gifts for our loved ones. Here are some ways to create realistic New Year's resolutions and make them stick throughout the year:

- § Create a resolution for the right reasons. To do so, think about what you really want and what benefits you will receive from that resolution.
- § Determine how difficult you want your resolution to be. You will be the most successful if your resolution challenges you but is not so far out of reach that you feel discouraged to even try and achieve it.



Come up with a family resolution this year – a goal that your entire brood is committed to achieving.

LIVE WELL, WORK WELL

- § Be specific in what you want to achieve so that you can verbalize if your resolution has been accomplished. For instance, do not vow to "lose weight this year;" vow to "lose 10 pounds by May 1st."
- § Create a strategy for how you will achieve your resolution with a step-by-step plan and due dates for those steps. Identify any potential obstacles you may run into along the way.
- § Seek out assistance to stay on track – a personal trainer or motivating relative.

Finally, stick with it! It's a new year and you can do anything if you put your mind to it.



Are You Experiencing the Big Chill?

Now that we're in the thick of winter, battling the elements and frigid temperatures is not the only concern. Many people also experience damage to their skin during winter months, which could make for an uncomfortable snowy season.

Interested in getting some relief from the deep freeze? Here's how:

- § Since cells cannot regenerate as quickly in colder temperatures, skin can get dull and flaky quite easily. Use a skin-cooling exfoliator to remove surface debris and speed up cell turnover.
- § Use a moisturizer with SPF 30 or more, even in winter months. The sun is still as powerful in cold temperatures.
- § When returning indoors after being out in the cold, moisture is stripped from your skin. Use a mist humidifier in your home to help the proteins and collagen in your skin work more effectively.
- § Your lips have no oil glands or melanin to protect against cracks and chapping. Apply a lip balm with a sunscreen to guard against the elements and cold sores.
- § Shower with warm water, not hot, and use bath oil or shower gel to bathe yourself. These products leave a film on your skin that helps prevent water from evaporating.



Mexican Chicken Soup

This delicious recipe has a power punch of cold-fighting ingredients like garlic, onion and chili. To fight off illnesses even more, use white tea instead of broth or water.

- 1 Tbsp. olive oil
- 1 white onion
- 3 cloves garlic, minced
- 2 to 3 tsp. mild chili powder
- 2 bay leaves
- 8 oz. boneless, skinless chicken thighs, sliced across the grain
- 1 red potato, cut into ½-inch cubes
- 1 tomato, diced
- 1 carrot, sliced
- 4 c. low-sodium defatted chicken stock or water
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ c. corn kernels
- Few drops of hot sauce (optional)
- ¼ c. chopped cilantro (plus a few leaves for garnish)
- 2 corn tortillas, cut into slivers
- 2 limes, quartered

1. Heat oil in a pot over medium to low heat. Add onions and garlic; cook and stir until vegetables are aromatic (about 3 minutes).
2. Add chili powder and bay leaves; cook 1 minute.
3. Add chicken, potato, tomato, carrot, stock/water, salt and pepper. Reduce heat and simmer until the chicken is cooked through and vegetables are tender (about 30 minutes).
4. Stir in corn.
5. Just before serving, adjust seasonings and add a few drops of hot sauce, if desired.
6. Stir in chopped cilantro and lime juice.
7. Garnish with tortilla strips, cilantro leaves and a lime wedge.

Serves 4.

Recipe courtesy of *Health Awards*, Winter 2008



FLEXIBILITY



HYGIENE



STRENGTH



MENTAL
HEALTH



GOOD
DIETING

Quick – Call 9-1-1!

There may be a time in your life when you happen to be at the scene of a potentially fatal situation. Whether at work, in the airport or at the grocery store, someone around you may exhibit signs that they need emergency medical care, stat! So, what signs should you be aware of that indicate a potentially life-threatening situation? Keep an eye for these signs and symptoms:

1. **Shortness of breath** - Your organs and cells need oxygen to survive. If someone is short of breath while at rest or cannot discern the cause of being short of breath, call 9-1-1. This could be a sign a serious medical condition, namely a heart attack.
2. **Pain or pressure in the chest or upper abdomen** – Chest pain or pressure that eventually spreads to the arms, neck or jaw is a sign of a heart attack. Alert emergency personnel immediately.
3. **Spine or neck injury** – If you suspect a spine or neck injury, do not attempt to move the injured person. Call 9-1-1 and ask the person to wait for help while remaining extremely still.
4. **Disorientation** – Individuals who become disorientated may need emergency care. Ask individuals showing signs of disorientation the following: What day is it? Where are you? What is your name? If they cannot answer these questions, especially if they do not know their name, they need emergency care.
5. **Severe or persistent vomiting** – Severe or persistent vomiting is a sign of poisoning, overdose or Reye's syndrome in children. If someone is vomiting violently or persistently, call 9-1-1.
6. **Coughing or vomiting blood** – Coughing or vomiting blood is a sign of lung cancer, heart disorders, pneumonia or tumors in the stomach or esophagus. Call 9-1-1 if someone is exhibiting these symptoms.
7. **Sudden vision loss or changes** – Visual changes indicate retinal detachment, sudden glaucoma, stroke or many systematic eye disorders. Emergency medical attention is needed immediately to prevent permanent vision damage.
8. **Suicidal or homicidal feelings** – If someone is vocalizing or demonstrating suicidal or homicidal feelings, call 9-1-1 immediately.
9. **Feelings of doom** – It is not uncommon for someone to experience feelings of doom or uneasiness right before a serious medical emergency. If you or someone else has these feelings, trust your gut and call 9-1-1.



By remaining alert, you could potentially assist someone in receiving necessary emergency care. Be a good samaritan and keep a close watch for these life-threatening signs.