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KICKING OFF A NEW YEAR

Resolutions: Do or Don't?

DO get inspired about a new year, a fresh start and common time for most to 'get back on track' after the holidays. DON'T set yourself up for failure. Keep the focus on small, attainable goals and keep that momentum going all year long.

Keep it Simple

"Be more awesome than last year."

What small steps will lead you to a happier year ahead?

Focus On

- What you accomplished in 2019
- What healthy habits you maintained
- What processes worked for you last year
DID YOU KNOW?

75%
Of people who set New Year Resolutions stick to them for only 1 Week. 64% only stick to them for 4 weeks. What well-being goal are you most ready to work on right now? Stick to small goals only related to that.

38%
Of New Year Resolutions are weight-related. Reflect: How many past years did you resolve to lost weight? How long were you successful with goal? Try to shift your focus to something more specific.

8%
Of people achieve every New Year Resolutions. Start with only one goal to focus on in the New Year.
First Get Real With Yourself

It’s tempting to GO BIG with your wellness goals this time of year. Everyone is ready to jump on board with the latest trending diet or workout program that promises quick results.

Before diving in head first, ask yourself the following questions:

- Can I maintain this goal for a lifetime?
- How realistic is it for you to add this plan or goal to your everyday routine?

These questions will help guide you to making more realistic and meaningful goals.

CHOOSE YOUR PATH

"Sometimes the right path is not the easiest one."
Healthy Eating Goals

Simple one for the entire family: *cook and eat more dinners at home.* Shoot for one additional night per week. Here are some simple recipes to get you started:

- **Healthy Stuffed Sweet Potato Bar**
- **Slow Cooker Tortilla Soup**
- **Buddha Bowls**
- **Healthy Oven Fried Pork Chops**

"Good nutrition creates health in all areas of our existence. All parts are interconnected"
Let 2020 Be an Extraordinary One!

The SB Wellness Team looks forward to working with you in the year ahead, supporting you with your well-being goals. Wishing you and yours joy and good health!

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Happy New Year