

# 2015

## REALISTIC RESOLUTIONS FROM CYNTHIA SASS

**The New Year can be a great time for a fresh start, but many people attempt a complete overhaul of their diet in January, which fizzles out within a few weeks because well, it's just too much change all at once.**

In reality, changing your diet is a lot like learning to speak a new language, or learning to play a musical instrument it takes practice and patience, and you may need to take it one step at a time to prevent burnout.



**SO, THIS YEAR, INSTEAD OF A DRASTIC APPROACH THAT ISN'T SUSTAINABLE, TRY A "STEP LADDER" TACTIC.**

**Focus on just one concrete goal at a time.  
Once one change feels like a normal part of your routine,  
set another goal, and then another.**

Yes, you'll be making slower progress, but you won't feel overwhelmed. And the changes you make will be much more likely to "stick." Plus, you can celebrate your smaller successes along the way, which will snowball into big results as you progress throughout the year.

## TRY THESE FOUR MANAGEABLE GOALS TO START



### **Eat a healthy breakfast every day of the week.**

like a smoothie, oatmeal topped with nuts and fruit, or an omelet made with organic eggs, veggies, and avocado.



### **Make fruit the base of your daily snack.**

Enjoy a sliced apple or pear with almond butter for dipping, or fold fruit and nuts or seeds in organic yogurt.



### **Make veggies the base of your lunch meals.**

Order a salad rather than a burrito, or choose a hearty veggie-based soup.



### **Trade soda or other sweetened drinks for H2O.**

Aim for 16 ounces of water four times a day.

These changes aren't drastic, but you'll begin to see and feel the effect right away. Please share your progress and results with us via Facebook and Twitter.

**Here's to a happy and healthy 2015!**