

Happy New Year!

Hopefully you made it through the holidays without doing damage to your waistline. And if you did enjoy yourself a bit too much, or neglected your workouts, there's no better time than the first of the year to set it right! Wipe the slate clean, arm yourself with a healthy dose of motivation and a positive attitude, and start this year off on the right foot. This can be the year you realize your health and weight loss goals. Meet with your dietitian and trainer, map out your program, and get your butt in gear!

DIET TIP: EAT BREAKFAST

What better way to start the new year off right than to practice starting each day off right. Studies show those who eat breakfast are more than 40% less likely to be overweight and insulin resistant. Not eating breakfast (on a regular basis) puts you at a 450% increased risk of overweight/obesity. Even if you eat breakfast but wait 3 or more hours after waking to do so, you've still increased your risk by 43%. Just don't eat breakfast out. That increases your risk of overweight/obesity by 137%. A sensible, at home breakfast should be a healthy habit you try to develop. Make this one of your resolutions.

EXERCISE TIP: GET SOME EXERCISE FIRST THING IN THE MORNING

Since glycogen levels are diminished upon awaking, you will burn a greater percentage of fat during your first-thing-in-the-morning workout. Endurance is best when core temperature is low (as it is in the early morning). You also get in some exercise, in case your day gets busy and you can't (or don't want to) do it later. And those who work out in the morning appear to pay closer attention to their diet during the day. They tend to fuel themselves more responsibly and have an "I don't want to blow it after all my hard work" attitude. Try to take a brisk walk, ride your stationary bike, or pop in a fitness video. Getting yourself moving in the a.m. might bring you some very positive results. Make this another resolution.

HIGHLIGHT ON A HEALTHY FOOD... EGGS

Eggs are an excellent example of a complete protein (containing all the essential amino acids) that rates high on the satiety scale (keeps you full longer). The best ratio for

weight-conscious consumers is 4 whites to 1 yolk. They are cheap, versatile, and low in calories, relative to other high protein foods. They can give you a variety of options at your breakfast meal (which is now a priority for you).

RECIPE OF THE MONTH: SCRAMBLED EGGS WITH VEGGIES

I doubt anyone needs a recipe for scrambled eggs, but the following is easy, nutritious, and helps get your day started with a healthy dose of protein, working in a few of the requisite servings of veggies you should consume each day. It's satisfying and will probably hold you until lunch.

Heat pan with a drizzle of olive oil. Add chopped onion, green/red peppers and cook for 1-2 minutes. Reduce heat and add chopped tomatoes and mushrooms. Cook another few minutes. Remove pan from stove and add in beaten eggs (4 whites, 1 yolk). Continue to stir until eggs are cooked.

(Can add other veggies of choice: spinach, broccoli, ..)

OFFER OF THE MONTH:

2 for 1 programs, or kids come free with an adult!