

# hapitimes



## Making Healthy Choices It's Easier than You Think

New Year's resolutions are so easy to make — and break. Why is it so hard to make them last? Scientists, funded by the National Institutes of Health, are learning more about how we can make healthy changes and sustain them.

“Change is always possible,” says Dr. Linda Nebeling, an expert in behavioral change and nutrition at NIH. “One challenge with New Year's resolutions is that people often set unrealistic goals. Any resolution to change needs to include small goals that are definable and accompanied by a solid plan on how you'll get to that goal.”

A resolution to quit smoking, or lose 30 pounds, may seem over-

whelming. Instead, take it a step at a time. Talk with your doctor or pharmacist about a quit plan and smoking-cessation aids. Try losing five pounds a month for six months. Baby steps, taken consistently, will get you to your goal.

Think about why you want to make the change. Is it important to you, or is it mostly influenced by others, such as your doctor, your spouse or a friend? Research suggests that if it's something you really want for yourself, if it's meaningful to you, you're more likely to stick to it.

— Source: *National Institutes of Health*

## Ready to Quit Smoking? These Tips Can Help

Are you one of the more than 70% of smokers who want to quit? Check out this advice from the Centers for Disease Control and Prevention:

- **Write down why you want to quit.** Do you want to enjoy better health? Set a good example for your children? Protect your family from second-hand smoke?
- **Recognize that quitting will take commitment and effort.** Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Nicotine is addictive. Acknowledging this will help you deal with withdrawal symptoms that can occur,

such as bad moods and really wanting to smoke.

- **Get help.** For free resources and assistance, call 1-800-QUIT-NOW (1-800-784-8669).

— Source: *Centers for Disease Control and Prevention*

## Inside the Landmark

### New Year's Resolutions

Instead of focussing on what we DON'T want to do in 2017, let's resolve to DO more of the following:

- eat fruits and vegetables
- cook homemade meals
- sit down together for meals
- exercise (and more exercise!)
- plan outdoor adventures
- walk and talk together
- garden and cook with the harvests



## Olympian at the Landmark

Exciting! Shakedia Jones, a track and field Olympian who now runs FLY Youth, will be coming to the Landmark on Saturday, January 21 at 2:30 pm. Snacks will be provided and Jones will give a presentation about her amazing career and work to support and inspire kids.



## Mexican Chicken Soup

### INGREDIENTS

- 3 pounds chicken pieces with skin removed
- 2 cups tomatoes (chopped)
- 1 garlic clove (minced)
- 1/2 cup onion (chopped)
- 1/4 cup mild chiles (canned and diced)
- 2 cups pinto or garbanzo beans, canned, drained or cooked and drained
- salt and pepper (to taste, optional)

### INSTRUCTIONS

1. Place chicken pieces in a large saucepan and add enough water to cover.
2. Cook until tender, about 25 minutes.
3. Remove chicken pieces from the broth.
4. Add tomatoes, garlic, onion, and chiles.
5. Remove chicken meat from the bones and return meat to broth.
6. Add beans and salt and pepper to taste. Simmer for about 15 minutes.

Recipe from the USDA;  
more recipes at [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

## Wise Words

“We can't lie around on the couch eating French fries and candy bars and expect our kids to eat carrots and run around the block.”

—Michelle Obama