

START 2018 WITH S.M.A.R.T. GOALS

The New Year is here, which means New Year's resolutions are being set. Many people resolve to start exercising, but quit a few months later because they don't see results. If you want long-term success, be clear about what you want to accomplish. To help you succeed, use the S.M.A.R.T. (Specific, Measurable, Achievable, Relevant and Time-bound) goal process.

SPECIFIC - Make sure your goals are precise and stated in performance terms. For instance, if you want to lose weight, your goal might be "to lose 15 pounds in the next 10 weeks." If you want to improve your athletic performance, your goal might be "to complete my first 10K race in the next three months." If you want to improve your body composition, your goal can be "to reduce my body fat by 20 percent within the next six months."

MEASURABLE - A goal is measurable when it is easy to determine if it has been accomplished. The weight loss goal listed above is easily measured. Ten weeks from now you will either weigh 15 pounds less or not. Likewise, with the performance and body composition goals, it will be easy to determine if you are successful. Conversely, a goal to "reduce my risk of disease" is not very measurable. A better goal is to "reduce my LDL cholesterol by 20 points within the next year."

ACHIEVABLE - One of the biggest mistakes people make while setting goals is that they set unattainable goals. Goals should be set high, but they must also be realistic. A goal to lose 20 pounds in four weeks is both unrealistic and unhealthy. Likewise, if you are new to running and set a goal to finish a marathon in two months, you're setting yourself up for both failure and pain. Make your goals challenging, but attainable.

RELEVANT - Your goals should be important to you. Don't set a goal just because your friends, family members or exercise partners have set that goal. Your goals are your motivators to continue exercising, so make sure they are important to you.

TIME-BOUND - Make sure each goal has a specific time frame for completion. This allows you to easily determine if it has been achieved. It also increases the likelihood that you will accomplish each goal since you know the clock is ticking. For example, the goal "I want to lose 15 pounds in 10 weeks" has a time frame. Edited from: <http://www.active.com/fitness/articles/how-to-set-s-m-a-r-t-goals>

Here's a great technique to relieve tension in your neck:

Lie on your back with a foam roller under your neck. Allow your head to rest on top of the foam roller [as shown] so that you feel a gentle pressure on your neck. You can slowly turn your head to the side, or to the side and down (aiming your chin down to your shoulder). Hold this position for up to 60 seconds.



Pep Up Your Run

Sweet chili peppers may not be a winter food, but continue eating them in your burritos, stir-fries, and soups, and you may burn more fat during your outdoor cold-weather runs. These not-hot veggies contain chemicals called capsinoids, which are similar to the capsaicin found in hot peppers. Combine capsinoids with 63-degree or cooler temps, and you increase the amount and activity of brown fat cells—those that burn energy—and give your metabolism an extra boost, according to a study published in the *Journal of Clinical Investigation*.

A **BIG Thank You** to all our wonderful members for generously giving gifts and donations for our two families. In addition to all the lovely toys and gifts, a total of \$690 was raised.

A **SPECIAL thank you to Sue and Jackie's Hockey team who raised \$320 of the total donation!**



Creating Community
Changing Lives

..AND a few tips to help you keep fit ...

Find a Fit Friend.

A workout partner not only keeps you accountable, she also may help you clock more time at the gym and torch more fat. A British survey of 1,000 women found that those who exercise with others tend to train six minutes longer and burn an extra 41 calories per session compared to solo fitness fanatics.



From all of us at
Fitness Works for Women!

Snickerdoodle Green Smoothie : this smoothie is a great way to hold onto holiday flavors while getting back into healthy habits.

Serves 1

- 1 handful spinach
- 1 frozen banana
- 1/2 small avocado
- 1/4 cup unsweetened almond milk
- 1/2 tsp vanilla
- 1/4 tsp cinnamon

Blend blend blend until creamy and smooth!

Note : If you don't have a high powered blender, you can use 1/2 cup of almond milk!



Curried Carrot & Apple Soup

This colorful soup is both simple and delicious. Use apples that cook up soft; McIntosh are great.

Ingredients for 8 servings

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped (2 cups)
- 1 stalk celery, finely chopped
- 1 tablespoon curry powder
- 5 large carrots, peeled and thinly sliced (3 cups)
- 2 large McIntosh or other apples, peeled and coarsely chopped (3 cups), peeled and coarsely chopped (3 cups)
- 1 bay leaf
- 4½ cups reduced-sodium chicken broth
- ¼ teaspoon salt
- Freshly ground pepper, to taste
- 2 tablespoons low-fat plain yogurt, for garnish (optional)
- 1 tablespoon chopped fresh parsley, dill or basil for garnish (optional)

Heat oil in a large saucepan or medium soup pot over medium heat. Stir in onion and celery; cook until the onion is softened and translucent, 8 to 12 minutes; do not brown.

Stir in curry powder, then add carrots, apples and bay leaf. Stir well over medium heat for 2 minutes, then add broth and salt. Bring the mixture to a low boil, then reduce the heat to low. Cover tightly and simmer until the carrots and apples are tender, 20 to 25 minutes.

Remove the bay leaf. Using a large slotted spoon, transfer the soup solids to a food processor, adding about 12 cup of the broth; process to a smooth puree. Pour the puree back into the soup. Reheat and season with pepper. Serve piping hot, garnishing each serving, if you like, with a dab of yogurt and a sprinkle of fresh herbs.

Make Ahead Tip: Cover and refrigerate for up to 2 days or freeze for up to 3 months.

Per serving: 73 calories; 2 g fat(0 g sat); 3 g fiber; 12 g carbohydrates; 3 g protein; 20 mg folate; 0 mg cholesterol; 7 g sugars; 0 g added sugars; 7,561 IU vitamin A; 6 mg vitamin C; 28 mg calcium; 1 mg iron; 421 mg sodium; 348 mg potassium

<http://www.eatingwell.com/recipe/248648/curried-carrot-apple-soup/>



In 2018 ...

**Gentle and Restorative
YOGA with Jenny
resumes from January
14th, 2018,
Sundays @12:15 pm!**

**Sign up early, limited
seats!**

**New Time for Sue's HIIT
Circuit Class on
Mondays**

Now at 6 pm!

**Essentrics with Sheri
resumes from January
16th Tuesdays and
Thursdays @ 10:30 am**