



Resolutions and Reality

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Happy 2009!

About 4 years ago, I went to the doctor for an annual check-up and weighed, gulp, 163 pounds. I couldn't figure out how that happened - in college, I was about 125 lbs. So I decided things had to change. I tried a number of ways to lose weight but it was soooo hard. I had a job where I was traveling globally, stressed out, eating out all the time and never getting exercise.

I did just what everyone does: I joined a gym and only went about once a week. I cut

Resolutions ... Reality Intrudes

Many of us make them, and they are often the same year after year: lose weight, exercise more, spend more time with loved ones, save more money. Sound familiar? According to the Steven Covey Institute, by March 90% of us have abandoned our resolutions - 30% are finished before January ends.

It was Albert Einstein who defined insanity as doing the same things over and over and expecting different results. So my question for you is: what are you going to change this year to get different results?

If eating healthier or losing weight are part of what you want to change this year, what are you going to do differently to make 2009 the year you succeed? Let me give you one big hint: it's NOT about willpower. That's NOT what's missing. You haven't failed in the past because you couldn't stick to a diet - the diets failed you; they are not sustainable.

Really, you need to change your relationship with food - and it's an individual project. Some people need cooking lessons to learn new, healthier recipes; others need to identify the emotional triggers that have them eating when they aren't really hungry.

Think about what you need to be successful this year and let me know - I can help you make it happen. [Click here](#) to read more about our services.

Health Tip of the Month: Eat Fat

Yes, fat. But the right kinds.

Your body craves fat in the winter, because it keeps you warm and being warm in the winter increases the likelihood of survival. So you are hard wired to want fatty foods in the winter. But that doesn't mean diving into those French Fries or a ton of red meat. You can meet your needs in a

back on food and found my energy flagging. I was cranky!

Then I realized I needed to change my relationship with food.

It wasn't there to nurture me when I'd had a bad week, or to give me something to do when I was bored.

And great restaurant food came in appetizer portions. I learned I felt better when I cooked for myself for two reasons: 1) I could control the portion sizes and 2) cooking for myself was a way of taking care of myself. So I dove in. I learned through a number of mistakes how to make meals in the time it takes to boil water and cook pasta. Nutritious, fast meals that fed my body and soul.

I joined a gym and hired a personal trainer so I had an appointment twice a week and he took NO excuses. Discipline isn't my strong suit, so this really helped. I built muscle and boosted my metabolic rate by 30% - that meant I burned more calories when all I was doing was sitting around ... how great is that?

And I'm still at it - these days I seem to be losing inches more than pounds, but that's OK too. Menopause

more healthy way.

Saturated fats raise cholesterol and lead to heart disease, but good fats (yes there are good fats!) don't. These good fats are that are liquid at room temperature: olive oil and other vegetable oils. On labels they are called mono- and poly-unsaturated fats. Other great sources of healthy fats: nuts (almonds and walnuts are best); seeds like sunflower and pumpkin; avocado. So sprinkle nuts and seeds onto your oatmeal and add avocado to your salad. Nuts and seeds are also great on salads - and go ahead and have the olive oil dressing instead of the no-fat stuff. Try almond butter on apples or pears - it's great.

Now, you don't need much - or you will put on weight. Use no more than 2 tablespoons of salad dressing, and 1 tablespoon of almond butter. Use 2 tablespoons of nuts/seeds on oatmeal or salads. That's enough to satisfy your need for fat without blowing your caloric budget.

Recipe of the Month: Roasted Winter Squash

Serves 4

Ingredients

- 1 1/2 lbs winter squash (like butternut or acorn)
- 3 shallots
- 2 tablespoons olive oil
- 1 tablespoon thyme
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions

1. Pre-heat oven to 425 degrees
2. Chop squash into 1 inch cubes, then peel. Put on baking sheet in a single layer.
3. Remove papery skin from shallots and slice - separate rings. Add to baking sheet
4. Mix olive oil, thyme, salt and pepper in a small bowl. Pour over squash and shallots. Stir to coat evenly.
5. Put in oven and cook until softened, about 40 minutes. Check every 10 -15 minutes and stir to keep from burning.

Note: the smaller the pieces, the faster they will cook.

The shallots caramelize and add sweetness to this dish, which satisfies a need for things sweet and grounded during the cold winter months.

meant that I put weight on in different places than before, so I'm still trying to figure that out! (You know what I mean ... I know you do!).

So don't lose hope. If I can do it, anyone can. I can't rely on discipline or willpower, because I really have very little of either. For me it was about changing how I think - then it's easier to change what I do.

I hope that gives you some encouragement for 2009!

Quick Links

[More About Us](#)

[Resources to Help You](#)

There are Many Ways to Become a Client

- Want to jumpstart a weight loss program? Clear your body of toxins or fat? I now offer a variety cleansing programs using the #1 products on the market today. There's an 11 day program or a 30 day program (national average weight loss for the 11 day program is 7 lbs.). [Click here](#) to learn more about the programs and products.
- Individual coaching programs to help you meet weight loss or healthy living goals.
- Employer programs to reduce absenteeism, increase productivity, and teach employees about things like healthy eating on the go and stress reduction.
- Group cooking classes to learn how to put healthy meals on the table in fewer than 30 minutes - if you have a group of two to ten friends we can do a single or series of cooking lessons based on the skills of the group.
- Attend a workshop. We give them in person in Chicago or via the web. For a web seminar, all you need is a phone and a computer connected to the Internet. See below for more information about our next web seminars.
- Eating for Peak Performance - Programs for athletes of all ages from middle school to adulthood to learn to fuel your body correctly.
- Group coaching programs if an individual program is too much of an investment.

[Contact me](#) to learn more about any of these services.

Upcoming Events

Stay tuned for our winter/spring series topics live and via the web. Details to follow soon!

New Web Site Launching Soon!

We're putting on the final touches and I'll send out a notice when it's live. I'm excited because the new design features more content, better linking abilities, a newsletter archive, and a BLOG - for heaven's sakes!

I'm looking forward to having even more interaction with you via the blog. If there's a topic you'd like me to write about, just drop me a note and I'll see what I can do.

Hoping for all good things in your new year, too!

Contact Info

Natalie Cornell, CHC, AADP
President, Cornell Health and Nutrition
natalie@cornellhealthandnutrition.com
www.cornellhealthandnutrition.com