

January: Get Your New Year Off to a Good Start

Dairy Council of California would like to help you ring in the New Year with healthy tips and actionable steps you can take toward carrying out your health resolutions. Start with these tips for successful New Year's resolutions to make sure you get your healthy 2014 #Off2aGoodStart!

Be Focused: Start with a goal that is easy to accomplish. If you want to lose weight, think about habits to change. Do you skip breakfast and then eat midmorning snacks or overeat at lunch? Eating breakfast is a specific behavior you can add to get the result you want.

Try the Morning: Most everyone has a structured morning routine. Develop a new habit by adding a step such as cooking breakfast, packing a lunch or going on a quick walk.

Create a Cue: At night, create reminders for yourself such as putting a cereal bowl on the counter or leaving a spoon out for Greek yogurt.



Be sure to visit HealthyEating.org/NewYear for all seven steps for successful New Year's resolutions, plus articles, recipes and online tools to keep you on track.

Steps are based on teachings by BJ Fogg, Ph.D., director of the Stanford Persuasive Technology Lab.

Recipe of the Month Celebrate National Oatmeal Month Creamy Banana Walnut Oatmeal



Ingredients:

- 1 cup fat-free or low-fat Milk
- 2 packets instant Oatmeal
- ½ ripe Banana, mashed
- ½ tablespoon chopped Walnuts

Preparation:

In a small bowl, combine milk and packets of oatmeal. Microwave on high for 1 to 2 minutes until steaming hot, but not boiling. Stir until creamy. Stir in mashed banana. Garnish with walnuts and serve.

Move of the Month

The Crossover Stretch helps to release your hips, iliotibial band and lower back.

1. Lie down with your legs straight and your arms extended to the side.
2. Bend one knee up to your chest and place your opposite hand on your knee.
3. Slowly pull your knee across your body toward the ground until you feel a slight stretch.
4. Hold for 15-30 seconds. Repeat on the other side.

