

JANUARY

Change that end-goal mindset through making more positive and sustainable "YOU" Year Resolutions!

TYPICAL NEW YEAR'S RESOLUTIONS

"NEW YEAR, NEW DIET."

- Often unrealistic and too robust, leading to burn out.

For Example:

"I am going to exercise every day for 60 minutes and am not going to eat sweets ever again".

Leads to: *All or Nothing philosophy. As soon as the first exercise day is skipped or the first sweet is eaten, it all goes downhill.*

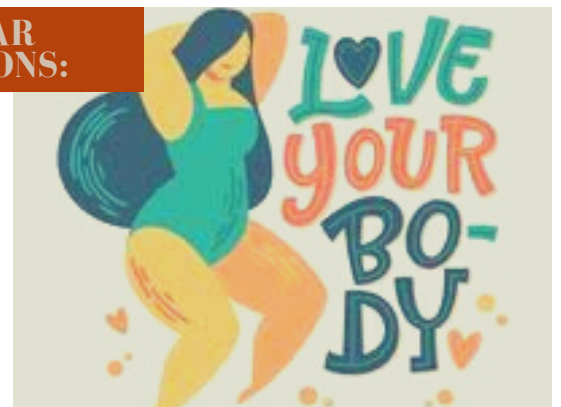
"YOU" YEAR RESOLUTIONS:

- **Decrease Negative Self Talk:**

Be kind and gentle with yourself and allow some grace. Each time you re-frame the negative self-talk, you develop a new neural pathway; overtime there will be less negative thoughts and the re-framing becomes more automatic. For example: negative thought "I can't eat that cookie because my thighs are huge" positive reframe "Eating a cookie does not make me a bad person, and it will taste good; I am strong and my legs allow me to get any place I want to go"

- **Engage in one self-care activity each week:**

Self care is not just physical, taking care of your emotional and mental health is important too. Some ideas are reading a book, dinner date, walk with a friend, pedi/manicure, and whatever soothes your mind and soul!



- **Decrease Negative Self Talk:**

Spending time talking or hanging out with the people you care about can lighten your mood and pull your focus away from your body and more on caring for those around you.

REJECT THE DIET MENTALITY!

THE DIET MENTALITY

- If you are looking into a new diet for the New Year that forbid certain foods...RUN.

- The damaging effects of dieting:

- *Decreases metabolism (body decreases need for energy & is more efficient at using calories)*
- *Increase binges & cravings due to stimulating the brain to eat more*
- *Dismantles internal hunger/fullness cues*
- *More vulnerable to "losing control" due to strict rules*
- *Lead to rebound weight gain - losing "x" pounds, only to gain back more than initial loss!*

- Disordered eating behaviors: *low self-esteem and body hatred; numbed to the joys of life; Consumes most of your time and energy*

Resource:

Intuitive Eating : Evelyn Tribole and Elyse Resch

Created by: ISU Dietetic Student Theresa Jones

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