



Loss Prevention Team

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As 2015 approaches, millions of Americans will be contemplating their New Year's Resolutions. The best predictor of the future is the past. Research proves that the success rate of New Year's Resolutions is extremely low. Changing the way we look at resolutions can facilitate the outcome in an extremely positive way. In this issue, we will provide ideas, steps and resources to help your goals become successful transformations. We are going to learn how and why it is important to say "No" to New Year's Resolutions and "Yes" to New Year's Transformations



In 2014, The University of Straton conducted research on New Year's Resolutions. They found that 45% of Americans make them with an 8% success rate. How do we increase those staggering percentages? We change our thought process and change the way we look at these annual promises we make to ourselves. "Resolution" is defined as an "act or instance of resolving, a firmness or determination, a fix, a band aid". This is an action you take to get the result you want, with little chance of behavioral change. Transformation on the other hand is defined as "change in form, appearance, nature or character". Transformation establishes goals and ensures they are met with "change". Think about one thing you would like to transform about yourself in the new year. Picture yourself on the cusp of 2016 looking back through your journey. Look at the transformation you made and how it has enriched your life. How does success

make you feel? When contemplating your transformation, develop a plan and think S.M.A.R.T.
– Specific, Measurable, Achievable, Realistic and Time-Based.

NEW MINDSET FOR NEW RESULT

Resolution: A form of expression of opinion or intention made, an act of resolving, course of action.

VS.

Transformation: An act or process of transforming. Change in form, appearance, nature or character.



One area you may want to transform is your habits. All habits have an emotional payoff. What is your payoff? How long does it take to break a bad habit? How long does it take to create a new one? There have been many studies conducted on this very subject. Some say 21 days while others say 30, the variations depend on the individuals drive to succeed and how serious they are about change. The harder you try the more successful you will be in a shorter amount of time. How do we set a New Year's transformation goal and succeed? We have a few ideas to guide you through your path to a better you. First, without the desire to change very little can be accomplished. Create an awareness of your bad habit by writing down when it happens, frequency, where, who is with you, triggers and payoffs. Stress and boredom may be contributing factors to the development of bad habits as well as other negative behavior patterns. What has created yours? What can you do to replace your bad habit? For instance, replace smoking with breathing exercises or a 5 minute brisk walk. Identify and remove triggers where possible. Throw away the junk food, surround yourself with like-minded individuals, get a gym partner to establish a workout routine. Looking back on our journey, we previously provided you with a [Weekly Food Journal](#) and a [WebMD Food and Fitness Planner](#) link. Reflect back on these tools as they will help in your transformation. The next step in moving forward is to set your goals. Complete the [Goal sheet](#) we have created for you to use in your journey. Last, visualize yourself crushing your old habit. If you stumble in your journey, do not beat yourself up. Get back on that horse and continue down your health and wellness path. Most importantly do not give up until you achieve that transformation!

Healthy Crock Pot Tuscan Bean Soup



Entice your taste buds with this high protein, meatless comfort dish

Ingredients

- 2 c. dry cannellini beans
- 3 Tbsp. salt (for the brine)
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 2 celery ribs, chopped
- 2 medium carrots, peeled and chopped
- 8 med. garlic cloves, peeled and crushed
- 4 c. chicken or vegetable stock
- 3 c. water
- 2 bay leaves
- 1 generous bunch of kale, washed
- 1 can of diced tomatoes, drained
- 1 sprig of fresh rosemary
- Salt & Pepper to taste
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Instructions

The night before, put 2 cups of dry beans in a large bowl with 3 Tbsp. salt and 4 quarts water. Cover with plastic wrap and allow to brine overnight. Surprised by this step? This tip comes from Cooks Illustrated for preparing dry beans. Really, it works! In the morning, drain and rinse the beans well. Combine the stock, water, bay leaves and soaked beans in a crock pot. Set the crock pot for 8 hours (low setting). When there is 4 hours remaining on the crock pot, get the vegetables ready. In a large skillet, combine the olive oil, onion, celery, carrot and garlic over medium heat. Soften the vegetables till they start to become translucent. Add the vegetables to the crock pot and continue cooking. With 30 minutes remaining for the soup, chop the kale and remove any tough ribs. Add these and the drained tomatoes to the crock pot. When the soup has finished, switch it over to warm. Submerge your rosemary and leave it for only 15 minutes. It will infuse the soup with it's oils. ...and it smells amazing! Remove the rosemary sprig and add salt and pepper to taste.

The contest-winning healthy recipe for our December newsletter was submitted by Danielle Hendricks of Colusa Cemetery District. Danielle provided this yummy snack recipe for Banana Sandwiches. Congratulations to Danielle Hendricks.



Banana Sandwiches

- Peel a Banana
- Cut lengthwise
- Put peanut butter/Nutella, strawberry slices on one half (I put granola on mine)
- Squirt some honey on it
- Put on the top banana slice
- (Optional) Freeze for about 30 minutes to an hour (makes it easy to eat)
- Serve!

Thank you all for your great recipes, we plan to compose a book at the end of our Health and Wellness series containing all the recipes, stress reduction ideas and exercises that you have submitted throughout the year.



Contest!

For our January contest we would like you to focus on your transformation. Complete the provided [goal sheet](#) and submit it to our office. Do not worry, we will not be sharing your personal goals in our newsletter. However, we will be choosing one of our submittals as a winner for a GSRMA Wellness Kit. Sharing your goals with others creates accountability and shows your commitment. We are still collecting recipes, so please share your favorite healthy recipe with us. You will be entered for a chance to win a GSRMA Wellness Kit. Please send your submissions to [Loss Prevention](#) by Thursday, January 22. Along with your idea, please include your name, the agency you work for and permission to share your information should you be selected as the winner.

Exercise

Now that we are progressing in our health and wellness journey, let's increase the intensity of our exercise a little. As each of you may be at a different fitness level, we have provided something for everyone. Here is this month's link to low impact indoor exercises from [HASfit](#), along with [high-intensity](#) cardio for the more advanced fitness enthusiast. Enjoy and make your health and wellness a priority. Happy New Year!

Don't give in, this is your health, your life, your future!

WebMD Resources:

[26 Fat-Fighting Foods](#)

[How to Speed Up Your Metabolism](#)

[15 Pilates Moves for Beginners](#)

[Best Ways to Trim and Tone Your Body](#)

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