

# InHealth News™

January 2017



This month's topic  
*New Year, New You*

## Happy New Year!

January is the best time to not only set new goals for the year but also to re-evaluate your goals from last year. How did you do last year? What goals do you want to set for this year? What are you going to do this year to make yourself the best you yet? Let's take a look at how to set a goal that is realistic for YOU!

First, a few things to consider before making any moves.

1. If you dislike running, don't set a goal to run a marathon in 2017. Okay, maybe that is a little dramatic, but the point is- don't set a goal for yourself that requires something you dislike. To reframe this, set a goal that doesn't require running, but still works on fitness. **In 2017, I will try a new exercise class at the gym once a month.** January = zumba, February = spin, March = HIIT, etc.

2. Start slow. A common problem with New Year's Resolutions is that the goals are way too aggressive. If your goal is to stop eating candy, don't quit cold turkey. Start slow by gradually decreasing the amount you consume until you reached your goal.

3. Set goals. Think about what you want to accomplish, then turn it into a SMART goal.

**Specific, Measurable, Attainable, Relevant, Time-bound.**

4. Write it down and track your progress. Setting smaller short term goal along the way to reaching your long term goal is helpful in seeing progress. Remind yourself of that goal everyday (write it on the mirror or leave a note on your desk so you will never forget about it).

**Try it! Write down your SMART goal that you will accomplish in 2017.**

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## Recipe of the Month Sweet Potato-Peanut Bisque

### Ingredients

2 large sweet potatoes  
1 tablespoon canola oil  
1 small yellow onion, chopped  
1 large clove garlic, minced  
3 cups reduced-sodium tomato-vegetable juice blend  
or tomato juice  
1 4-ounce can diced green chiles, drained  
2 teaspoons ginger, minced  
1 teaspoon ground allspice  
1 15-ounce can vegetable broth  
1/2 cup smooth natural peanut butter  
Pepper and cilantro to taste

### This meal is...

- Vegan
- Gluten-Free
- High Fiber
- Low in Added Sugars



### Instructions

1. Prick sweet potatoes with fork and microwave on high until cooked (7-10 minutes)
2. Heat oil and onion in large saucepan. Cook for 2 minutes. Add garlic, juice, green chiles, ginger and allspice. Allow to boil gently for 10 minutes.
3. Peel sweet potatoes and chop into bite size pieces.
4. Put sweet potatoes, peanut butter and broth into food processor until completely smooth.
5. Add mixture to the pot and stir.
6. Thin the bisque with water, if desired.
7. Enjoy!

Recipe from [www.eatingwell.com](http://www.eatingwell.com)

## January is Blood Donor Month!

Did you know that every two seconds someone in the U.S. needs blood?

### Did you know that you can help?

The need is constant and your contribution is important for a health and reliable blood supply. A bonus: you'll feel great knowing you helped change a life!

There are many different types of blood donation including platelets, power red, plasma, autologous and many more!

Find your local red cross to find out where you can donate!

