



## New Year...New Beginnings

Adopting a healthy eating lifestyle, rather than a short-lived diet, can help you achieve and maintain your wellness goals. Try experimenting with one or two changes at a time to help you figure out what works best for your routine and taste buds. One of the best ways to do that is to plan ahead. Preparing healthy meals ahead of time can save you time and money. Prepping breakfast the night before is one way to make sure you start the day with a healthy meal. Planning and preparing weekday lunch options ahead of time can also make eating healthier at work easier.



### Go Ahead...Laugh!

Take time to laugh! Laughter stimulates many organs. Not only does it enhance your intake of oxygen, it stimulates your heart, lungs and muscles, and increases the endorphins that relieve stress. [More Info...](#)



## Overnight Oatmeal No cooking required!

### Ingredients:

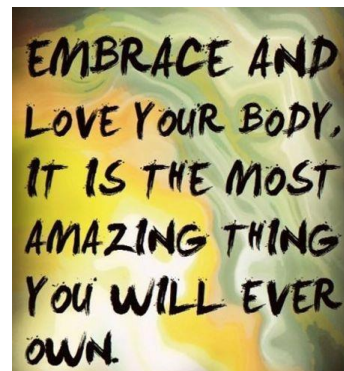
¼ cup instant oats, ¼ medium banana sliced, ½ cup milk (ie. skim, soy, almond), ¼ cup fresh blueberries  
1-2 tsp your favorite sweetener (ie. honey, apple butter)

### Directions:

Place all ingredients in a covered jar and shake.

Place in refrigerator overnight.

Next morning breakfast is ready or you can sprinkle with nuts or granola and enjoy! Let your imagination soar!



## Raise a Hand to Serving Sizes

Look at your fingertip. That's about a teaspoon, or how much butter your toast needs.

Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.

To avoid a calorie-packed-punch, limit pasta servings to 1/2 cup, or about the front of your clenched fist.

The recommended serving size of meat is 3 oz., roughly the size of your palm.

A clenched fist is roughly one cup, or a double-serving of ice cream.

