

## Nothing succeeds like success!

If you're setting goals as a part of your New Year's resolutions, congratulations! And if you've been able to meet some of your goals, excellent progress! Goals related to being more active, improving eating habits or monitoring yourself certainly have benefits for your health. But don't overlook other successes you might have achieved at the same time. Perhaps you've been able to make healthy changes part of your daily routine. Or maybe you found a new activity that you enjoy doing or a new recipe the whole family likes, or you became better friends with a walking buddy.

**Celebrate success and reward yourself.** It's hard work to change habits and behaviors, and we all know that rewards are an effective motivator. Deciding on a reward while you are working toward your goal will help you succeed. Choose a reward that is important to you, and avoid making food your reward. And share your success with a friend or family member.

**Learn from your success.** Trying something new often leads to surprises. Things might be harder or easier

than you anticipated. And if you've started to track your physical activity or the food you eat, use your records to look for patterns you might want to keep or avoid.

**Build on your success.** Use your success as the beginning of a new health habit. Keep at it. In a recent study of people trying to make positive lifestyle changes, early repetition of the desired behavior got the best results, and it took an average of 66 days for the participants to report that an action had become automatic (Lally et al, European Journal of Social Psychology, 2010). The time needed to turn an action into a habit varied by how complex the action was. Exercise-related habits took 1.5 times longer to achieve than healthier eating or drinking habits. This research also suggested that *occasional* breaks in doing the behavior didn't affect creating the habit but too many breaks did have a negative effect. So when you slip, just get right back on track!

### Recipe of the Week – Firehouse Corn and Two Bean Chili

6 large servings -- adapted from *Cooking Light*

*Save this and all the January recipes for your play-off parties!*

1 tsp. canola oil	1 ½ cup chopped onion	2 garlic cloves, minced
1 Tbsp. chili powder	1 Tbsp. ground cumin	1 tsp. oregano
¾ tsp. salt	2 C. frozen corn	1 C. water
2 (14.5-ounce) cans diced tomatoes, undrained		1 ½ C. coarsely chopped zucchini
1 Tbsp. finely chopped canned chipotle chili in adobo sauce (optional)		
2 (15-ounce) cans of beans, 1 each black beans and kidney beans, rinsed and drained		
Garnish with a dollop of fat-free sour cream, and chopped green onions.		
<i>Optional: 1 lb. ground turkey, cooked till lightly browned and drained well</i>		

- Heat a large pot over medium-high heat. Add oil. Add onion and cook 4 minutes or until tender. Add garlic; cook 30 seconds. Add chili powder, cumin, oregano, and salt; cook 30 seconds. Stir in corn and tomatoes; bring to a boil. Reduce heat, and simmer 3 minutes, stirring occasionally.
- Stir in zucchini, water, chipotle chili, and beans; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until zucchini is tender. If using turkey, add cooked meat and heat through.

Nutritional information with turkey: Calories 400, Total fat 6g, Saturated fat 1.5g, Carbohydrates: 57g, Dietary Fiber: 13g, Protein: 32g

Nutritional information without turkey: Calories: 290, Total Fat: 2.6g, Saturated Fat: 0g, Carbohydrates: 57g, Dietary Fiber: 13g, Protein: 16g

**Tip of the Week** Have you tried Greek-style yogurt? It is strained more than regular yogurt, giving it a thicker and creamier consistency. It is somewhat higher in calories but has a much higher protein content. Try it for breakfast or a snack with fruit or nuts, or use it in place of sour cream or cream cheese in dips and other recipes.

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