

It's a New Year!

3 Steps to a NEW YOU



If they call it Happy New Year how come it doesn't always feel that way? Last January a friend confessed to me, "I know it sounds awful, but I'd be happy if we could just skip the holidays altogether. It's too stressful!" She lamented that she felt pulled in too many directions. Between social events, family commitments, holiday shopping, obligatory phone calls and visits, keeping the kids busy, spending too much money, and *still* having to think about work, the entire month of December felt like a blur, and she forgot to enjoy herself. By the time the new year hit, her 'holidays' had left her tired, stressed, and a little bit depressed. Happy holidays, indeed. Can you relate?

Why not choose to make this year unlike any new years past, and combat your holiday stress at the same time? How? By putting yourself back on your own 'to do' list. When you consider your current success with exercise, nutrition, or sleep, which area needs the most attention? Choose just one self-care practice to begin with, and consider these 'me as priority' ideas to enhance your 2009 self care plan.

Sleep your way to the top

If you're feeling chronically sleep deprived your first order of business should be to increase your zzzzzzz's. Sleep deprivation is a form of stress that not only hampers productivity and contentment levels, but has a negative impact on your health. While everyone varies as to optimal amounts of sleep, our goal should be a minimum of 7 hours of sleep per night. This week, start by going to bed 30 to 60 minutes earlier than usual. Attempt to wind down your 'busy work' a half hour before that. It may be tempting to fit in a few more 'to do's' or unwind in front of the TV instead of bed, but if fatigue is overpowering your productivity, commit to one week of early to bed and see how your energy shifts.

Eat for Enjoyment

If your nutrition took a holiday beating there's a good chance you're thinking "Okay, it's time for a food overhaul!" The problem with this kind of all-or-nothing thinking it takes all of the joy out of eating and increases likelihood of falling back into less healthy eating habits. My colleague, registered dietitian Andrea Holwegner suggests you challenge the stubborn voice in your head that tells you, "Go big, or go home". Instead, choose flexible nutrition goals that work a little bit on your food choices but are not absolute. Simplify by balancing health *and* enjoyment. Decide to include *all* foods and toss out fad diets that provide you with lists of forbidden foods. You can still choose to get healthier without sacrificing social fun and the amazing taste of sugar, fat and salt (since even dietitians know these really do taste good). If you want more information on Andrea's cutting edge e-Nutrition Coaching, visit www.healthstandnutrition.com

Exercise Less for Success

Whether you're just starting out or working to a new level, set your exercise goals based on the available time in your schedule *today*. If your busy schedule allows for less exercise than you're used to, don't wait for more time to materialize (it won't), just start with less. Fitness is *indeed* a life-long commitment so it shouldn't be overwhelming. Plan for three honest exercise efforts each week. If you're time crunched 15 minutes will do. Your goal is to do more exercise than what is normal for you, and if you're currently inactive, you can start small. It's about creating a habit around activity. If you begin to talk yourself out of a workout, get to it, but give yourself permission



to do a shorter workout. Before long you will have habituated a new level of health and fitness for yourself, through a 'start small' approach that really works! Contact Michelle at www.michellecederberg.com for a great article expanding on this idea.

Look to this year ahead as a time of renewal and growth. Make a commitment to take care of yourself (even in small steps) when the pressures of career and home life seem to be pushing against you. No matter how crazy life gets, the best way through is a good solid stress defense that includes enough rest, healthful eating, and regular activity to keep the cobwebs clear, and the machinery running at optimum.

Michelle Cederberg – “Your ‘Getting to It’ Guru”

Michelle Cederberg leads the industry for life balance, health, and stress management programs, resources, and tools that *actually* conquer procrastination, fatigue, and loss of motivation. Her expansive education and experience combined with her unique products, platform skills and messaging will ensure individuals and corporations understand that “It’s not the *doing* that’s tough, it’s **GETTING TO IT!**” and she helps you figure out how. With a Masters in Kinesiology, a BA in Psychology, and a specialization in Health and Exercise Psychology, Michelle combines mind, body, and practicality to inspire change! She has built her career since 1990, as a college educator, personal trainer, fitness coordinator, author, and business owner. As a professional speaker, she shares her experiences in a humorous and realistic way with delighted audiences across North America. Michelle knows her energy has fueled her business success! Today, through her products and presentations she motivates you to take small steps toward BIG changes, so you can *actually* GET TO the good things – even with a busy schedule!

To book Michelle to speak at your organization please fill out a booking request at www.michellecederberg.com
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