



## New Year, New You!!

Every year as the clock strikes midnight, we make New Year's Resolutions which are often to change an undesired trait of behavior. Often, it is focused on losing weight, eating better and exercising more. These are good resolutions to make but often we fall short. There is evidence to show that we are more likely to achieve our goals if we make them short-term goals.

In fact, we recommend individuals write weekly action plans. And the key word is action. Losing weight is not an action but simply a result of an action, such as exercising. So pick one thing to work on for the next week. It can be anything to help you become a healthier individual.

It needs to be something you want to do, not something someone tells you to do. It should

also be something that you feel confident that you can achieve within the next week time frame. If you do not have a confidence level of 7 or higher on a scale from 1-10, then you should choose something else or slightly change your plan so it is something you can do.

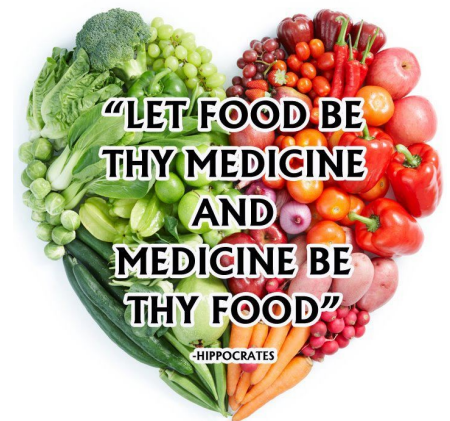
There are a few conditions that must be met when writing your action plan. Your plan should contain:

- What are you going to do?
- How much you will do?
- When you will do it?
- How often you will do it?

An example of an action plan is "I will walk for 15 minutes after breakfast 3 times this week". It is even better if you can be more specific and say which days such as Monday, Wednesday and Friday.

Making an action plan can help you prevent or delay type 2 diabetes. One important aspect is to be flexible because you will face challenges with your action plan so feel free to revise it, if needed.

At the end of the week, you want to evaluate how well you were able to meet the goal of your action plan. And then create a new action plan to work towards for the next week, hopefully while continuing the one you just did.



### Easy Chicken Pot Pie Serves 6

#### Directions

Preheat oven to 400 degrees. Mix vegetables, chicken and soup in ungreased, 9-inch plate. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate. Bake 30 minutes or until golden brown. Let cool for 5 minutes and serve.

#### Ingredients

- 1 2/3 cups frozen mixed vegetables (thawed)
- 1 cup cooked chicken (cut-up)
- 1 can cream of chicken soup, condensed
- 1 cup baking mix, reduced fat
- 1/2 cup milk, non-fat
- 1 egg

Source - USDA - <https://www.myplate.gov/myplate-kitchen/recipes>

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