

Too often new year's resolutions are forgotten by mid January. So, what can you do?

1. **Be realistic**...instead of *I'm going to lose weight, give up smoking, stop drinking alcohol and get fit this year* , just aim for one.

And even break that down to mini resolutions like

I'm going to lose 5 kg

or

have two alcohol free days a week

2. **Make resolutions something you really want to do**... be a hot Latin dancer, learn to meditate with a Buddhist monk, take up weekly yoga classes...you'll get all the health benefits without really trying.

3. To succeed, you need to **make sure there is some pleasure with the pain**...try to give up smoking but book into a health spa retreat and do the detox and pampering at the same time, promise to walk for at least 30 minutes most days of the week...then buy yourself that cute little puppy who will need to walk as much as you!

4. **Shift the focus from a negative to a positive** to achieve the same outcome. Instead of *I'm cutting out fat and sugar in an attempt to lose weight* say...

I'm going to fill half my plate with vegetables/salad every night

. Instead of

drink less alcohol

say

I'll have a water with my wine

(in a separate glass of course). Instead of banning sweet drinks say that

I am only drinking water with meals

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5. **Do it with a friend**...not only is it easier to commit to something if you have support, you will generally enjoy it more. Build a supportive network around you. Maybe have a pilates partner, choose a friend who shares your passion for healthy cooking classes, get professional help such as a dietitian/a coach to help you manage your weight or improve what you eat, have a family meditation session after dinner each night....not sure we could stick to that one...maybe next year!!

Healthy Weight Week 2012

The **Healthy Weight Week** campaign, an initiative of the Dietitian's Association of Australia (DAA), aims to motivate young Aussie women to kick-start healthy eating and exercise habits, one change at a time, because the latest statistics show one in five 18-24 year old women are overweight and 15% are obese. But with more than 60% of adults and one in four children now overweight or obese, **now is the right time, no matter what age, to get you and your family into shape.**

It's obviously easier to lose and maintain weight loss with the right advice and support. You will be better off getting professional help from an Accredited Practising Dietitian or from an organisation like *Jenny* – I obviously think *Jenny* has a great program as I'm on their Medical Advisory Board. See for yourself on the [Jenny Craig website](#)

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As part of the Healthy Weight Week initiative, DAA spokesperson Professor Clare Collins challenged young women to 'pledge' to make one change to their eating habits. Diets have a start and an end date. Instead, the DAA is calling on young Australian women to **pledge to eat better for the long-term, taking a one-change-at-a-time approach**

. Her top diet 'pledges' for a healthy 2012 are:

- **Keep a food diary.** This will help pinpoint any problem areas.
- **Ditch fad dieting.** Quick-fix fad diets have a start and an end date.
- **Switch to healthier drinks.** Water and low-fat milk are the best choices. Swap sweetened drinks, such as soft drink, flavoured coffee and juice, for water. Swapping a soft drink for water will save 694kJ.
- **Shrink portion sizes.** Doing this at every meal will lower kilojoule intake. Using a plate

25% smaller, means eating 25% less food.

- **Eat fruit and vegetables.** Eat one more piece of fruit and one more serve of vegetables each day, and try new varieties.

- **Moderate alcohol intake.** If you drink, avoid bingeing and have no more than two standard drinks a day. And try to have at least two alcohol-free days each week. Get the right support. Seeking professional help and tailored advice is a worthwhile investment in your healthy weight journey.



And with summer celebrations, the DAA suggests these **food and drink swaps**:

- Choose grainy crackers, **vegetable sticks and low-fat dips**, instead of chips and high-fat crackers.
- Go for lean chicken, beef and vegetable kebabs, instead of fatty sausages
- Use wholemeal or wholegrain bread or rolls, instead of white bread
- Choose sparkling mineral water or diet soft drinks, instead of regular soft drinks
- Choose light beer or a wine spritzer (wine diluted with plain mineral water), instead of full strength beer or a glass of wine. (But I think if you are a wine lover then mixing wine with mineral water is like ordering a skinny latte in Italy...you just don't do it. Better to drink less wine or fewer lattes!!)

See the [DAA website](#) for more information.



Time for Summer Pudding

Looking for the perfect dessert choice this season? Why not try making my favourite - Summer Pudding. It's a delicious dessert made from luscious summer berries which are now full of flavour.

The [Summer Pudding recipe](#) is in the Dessert section of recipes on this site.