

# Healthier Living

## Making Healthy Changes You Can Believe In

by Molly Kimball, RD, CSSD  
(NAPSA)—Any time of year can be the right time to get healthier, stronger, slimmer and leaner. Or perhaps your goal is more subtle—a healthier heart, enhanced energy or better sleep.



Kimball

Whatever your goal, some find that the start of a new year can be an excellent time to ramp up health and fitness. Here are some tips on making positive changes that will increase your chance for success:

- **Make it realistic:** For example, if weight loss is your goal, aim to lose one to two pounds weekly. If your plan is to improve your cholesterol profile, give yourself at least three months to see changes.

- **Make it meaningful:** If achieving a resolution will add value to your life, chances are you'll be more motivated to achieve it.

- **Keep it specific:** It can be tough to stay focused and determined if your resolution is too vague.

- **Make changes one step at a time:** Outline steps of just how you will reach your goal. Make sure these steps are specific and measurable. For example:

- Add protein to your breakfast.
- Plan ahead to have healthy snacks on hand.
- Take supplements daily.
- Limit starches at dinner.

Another strategy is to eliminate the emphasis on giving up something “bad” and embrace the idea of adding in something “good.”

For instance, instead of a lackluster breakfast—or no breakfast

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at all—try adding a smoothie to your morning. Smoothie King's line of Slim-N-Trim smoothies are low in calories and fat. While there, you can even ask to “Make It Skinny,” leaving out the added sugar.

To change an old habit, give yourself time and be patient. For example, instead of fast-food meals, opt for a protein-rich, low-sugar smoothie. Smoothie King's Shredder is a great option. And if you are not getting enough whole grains, you may want to add a fiber blend enhancer to your favorite smoothie.

Also, nix the chips and crunch on veggie or soy chips instead. And replace that candy bar with a protein bar.

You don't need all these ingredients at home to have healthy meals and snacks throughout the day. Smoothie King's mission is to help folks achieve healthier lifestyles, and it has created its menu to offer blends to support any health and fitness goal.

Focus on working toward your resolution each day and planning ahead for challenging situations. This will help create the conditions for change in your life. And don't forget to celebrate your successes along the way.

*Molly Kimball is a sports and lifestyle nutritionist, advising clients on reducing body fat and building muscle, endurance training, disordered eating and general health and wellness.*