



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

How to Make New Year Resolutions You'll Actually Keep

Another year is underway and many of us have mustered up our willpower for a brand new set of New Year's resolutions. Most common in the Western Hemisphere, we make resolutions with full intention of achieving them, to make life better than before, right? But what percentage of resolutions is broken in weeks, days, or even hours? There are different ways to be right about this, but to change all that and to help you make 2018 the best year yet, here are four ideas that can help you to make and keep resolutions:

1. Make your resolutions simple.

Sometimes people find themselves aiming for an overhaul of their entire lifestyle, and this is simply a recipe for disappointment and guilt. Don't overdo it because experience shows these things can't all be achieved at once. Why not focus clearly on one or two of your most important goals this year and go from there?

2. Choose well.

Okay, keep resolutions simple. But which should you choose? You may want to concentrate on those that will have the greatest impact on your happiness, health and fulfillment. For example, regular exercise will obviously improve your health, but it will also give you a sense of pride and will make you happy, right?

3. Be realistic.

Don't aim too high and ignore reality – consider your previous experience with resolutions. What led to failure then? It may be that you resolved to lose too much weight or save an unrealistic amount of money. Keep in mind that there will always be more opportunities to start on the next phase, so set realistic goals. Or if you don't want to hold back, set clear short-term goals on your way to a big achievement. Which leads to tip number four.

4. Create bite-sized portions.

Break goals down to manageable chunks. This may be the most essential ingredient for success. Setting and achieving smaller goals will give you momentum for continuing on to bigger achievement. Set clear, realistic goals such as losing 7 pounds, saving \$25 a month, or going for a run once a week. Then decide exactly how you will make this happen. Keep in mind that *"proper prior planning prevents poor performance."*

"A goal unwritten is only a wish." So go ahead and write them down.



Cool websites to visit this month:

Oh My Disney

A fun and interactive site for lovers of everything Disney, this site is a delight for young and old. It has quizzes, news, art, video, nostalgia, movies, parks and everything else Disney. If you love Disney, you'll love this!

www.ohmy.disney.com

The Billfold

As we start 2018, this is a terrific website to visit. The website says, *"The Billfold aims to do away with the misbelief that talking about difficult money issues is uncomfortable, and create a space to have an honest conversation about how we save, spend and repay our debts. This site breaks one of the last taboos in our culture—talking about what you earn, what you spend, what you owe."*

www.thebillfold.com

Get Inspired

A YEAR
FROM NOW
YOU WILL WISH
YOU HAD STARTED
TODAY

KAREN LAMB

Outstanding Client Of The Month!

Meet Rita

Every month I choose a very special **Client Of The Month**. It's my way of acknowledging loyal clients and saying a big "Thank you!" to those who support me and my business with referrals and repeat business...You could be my next **Client Of The Month!**

See Insert This Issue...



**Time Marches On With The
Coming of The New Year, &
Time's Running Out On My
Best Offer Ever...**

Healthy Talk

8 Tips For Eating Out Without Pigging Out

The hardest part of staying on a healthy diet starts when you step outside your front door. Eating away from home is the downfall of many committed healthy eaters because most restaurant menus feature high-fat, supersize meals. And those eateries that do offer low-cal alternatives often are more expensive. So here are 8 money-saving strategies for eating healthy when you're away from home:

1. **Before you go to lunch or dinner, eat a light snack.** A piece of fruit or some veggies will take the edge off any hunger pangs and give you the energy to make sensible choices when choosing where and what to eat. If you wait until you're ravenous, you're more likely to settle for fast food, order too much or gobble down breadsticks while you wait.
2. **Avoid ordering anything with the title "supersize" or "value meal" or "combo."** Choose regular-size sandwiches and spend any leftover cash on a piece of fruit for dessert.
3. **Ask your waiter to hold the chips and salsa or bread and butter** until your meal is served. Save your appetite for the main course.
4. **Have an appetizer as your entrée.** The portion sizes for appetizers are often sufficient to fill you up, and you'll save money.
5. **Split an entrée with a friend.** In many restaurants, a main course with an extra side is plenty of food for two.
6. **Plan to have leftovers.** Order with the intention of taking half home with you for another meal.
7. **Ask your server to keep dressings, sauces and toppings on the side.** You can get the flavors you want without the extra fat and calories.
8. **Share one dessert with everyone at the table.** Your sweet tooth can be satisfied with just a bite or two.



Quotes for January...

"The most important thing you can do to achieve your goals is to make sure that as soon as you set them you immediately begin to create momentum." -Tony Robbins

"No one's ever achieved financial fitness with a January resolution that's abandoned by February."
-Suze Orman

“A Bad Dream?” (funny!)

Ernestina was taking an afternoon nap on New Year's Eve before the festivities. After she woke up, she confided to Ralph, her husband, 'I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?'

'Aha, you'll know tonight,' answered Ralph smiling broadly.

At midnight, as the New Year was chiming, Ralph approached Ernestina and handed her small package. Delighted and excited she opened it quickly. There in her hand rested a book entitled: 'The meaning of dreams'."

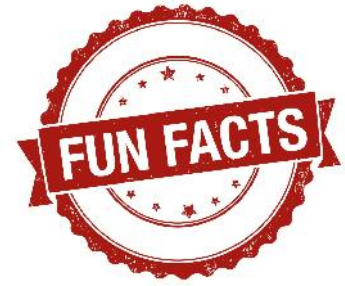
Beyond Pepperoni

Pizza is enjoyed all over the world, with Pepperoni the favorite in the US. But every country has its own take on toppings. Here are some popular international pizza toppings that you might like to try:

- India: pickled ginger, minced mutton, and tofu
- Japan: mayonnaise, potato, and bacon
- Russia: sardines, tuna, mackerel, and onions
- France: bacon, onion, and fresh cream
- Australia: scrambled eggs or shrimp and pineapple

By the way, what do you suppose "Canadian Bacon" is called in Canada? ☺ One answer is "back bacon."

January Fun Facts



Start a Meal with Soup

A timely fun fact for those starting diets in January - according to a study by Pennsylvania State University, eating soup as a first course can reduce the overall calorie intake at a meal by as much as 26 percent. "Soup is the ultimate comfort food because it's warm and filling, as well as incredibly flavorful and full of nutrients," the study said. Opt for water-based soups such as tomato, vegetable, and broths; as opposed to cream-based soups like chowders, bisques, and potato soup.

January in UK

In United Kingdom, January happens to be the coldest month but not over all the parts. The daytime temperature is the contributing fact in being the coldest month. However, for England the February night temperatures are much lower. Scotland doesn't follow such weather trend, though.

The Naming

January as a month was named after a Roman god Janus. Back in 700 B.C, a Roman leader named NumaPompilius made January the first month of a 10 month calendar which was 304 days long, and contained no calendar months for the winter season. However, later on 46 B.C; Julius Caesar made January a 31 day month.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

Rita, Linda and Amy

Thanks for All the Kind Words!

I'm always pleased with H&M Carpet and Furnace cleaning. I have 2 small kids and get my carpets cleaned every year sometimes twice a year. I'm been a customer for almost 10 years.

Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

“
*We go that extra step to
please you*
”

H and M

Carpet Care

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HMcarpetcare@shaw.ca

www.HandMcarpetcare.com

Inside This Issue You Will Discover...

- ✓ **How to Make New Year's Resolutions you'll actually keep...**
- ✓ **"Oh My Disney" cool website (and more)**
- ✓ **Healthy Talk ... 10 tips for eating out without pigging out**
- ✓ **Funny stories, and quotes to get you inspired**
- ✓ **PLUS MORE ... "January Fun Facts."**
- ✓ **Thank You's, Fun Websites, Famous Quotes...AND...**

**Discounts, Specials And
Much, Much MORE!**

Keep Reading Inside...

Who Wants To Win Movie Tickets?

**Take my Trivia Challenge
And you could win too!**

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 4 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **780-456-3644!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

*New Year's Resolutions are most
common in what hemisphere?*

- A) Northern B) Southern
- C) Western D) Eastern

Hint: You'll find the answer in the newsletter.