

805 LIVING

January 2008

Mind/Body/Soul

By Maryann Hammers

HEALTHY RESOLUTIONS

Tips for making your New Year happy, healthy, and holistic.

Tricks for Resolutions that Stick

Have you broken your New Year's resolution yet? Join the club. Unfortunately, few of us stick to our noble fitness goals. But don't give up on yourself, says Erika Badia, a Westlake Village marriage and family therapist. "Resolutions are a powerful way to take inventory of your life and make improvements." The problem, she says, is that New Year's Day happens just once a year. "Therefore, we think of the resolution on just that one day. When we get busy, we default to our habits. For lasting change, we need to make daily, weekly, or monthly commitments."

Food Finds

Don't let temptation get in the way of your resolution to eat healthier. Whether you're craving something sweet or salty or a cup of comfort, here are some treats that we tried and loved and they won't undo your diet.

popchips are all natural chips with half the fat. Widely available at supermarkets; visit www.popchips.com

