

## UPCOMING PROGRAMS!



**Registration:** now through Jan. 29

**Program dates:** Jan. 29 – Mar. 3

**Where:** Register in "Challenges" under the "Community" tab on the web version or "Challenges" in the Vitality Today app.

**What:** Enjoy an opportunity to release stress, calm your mind and boost your mental & emotional health.

**Rewards:** Earn up to 200 Vitality points.



### Heart Healthy Living Coach-led webinar

**When:** Thursday, Feb. 7

**Time:** 10-10:30 AM CT

**Where:** [Click here](#) to register and add the Webex invitation to your Outlook calendar.

**Rewards:** Earn 50 Vitality Points

## New Year Fresh Start!

By Coach Stephanie

The new year is a great opportunity to let go of the previous year and be inspired with the fresh year ahead. Here are some ways to make the most of this change.



**Time:** What can you let go of? What is no longer serving you? Are there personal, volunteer, or work commitments that have become stresses instead of joys? Perhaps apps or streaming services that have become time wasters instead of a chance to recharge? Take a moment to inventory your time and commitments, either mentally or on paper, and see if what you're spending your time on aligns with your priorities and values.

**Mindset:** Are there old ideas, attitudes, ways of thinking, or even grudges that are reducing your mental reserves? Take a deep breath and let those thoughts go, write them down and throw them out, or visualize yourself putting those ideas in an imaginary box and putting them away on the shelf.

**Environment:** What can you clean or organize? Is your office organized and easy to use or does clutter distract or even make it difficult to complete tasks? What about your computer or phone? Can you remove old apps and organize less frequently used documents to be more efficient? At home, is your kitchen stocked to make the types of meals you want to prepare? Is your exercise equipment set up and ready to use? While it can take time to clean up, having an organized space also reduces stress and makes it easier to be productive.

**New Opportunities:** What can you change up this year? Find opportunities to try new things. Perhaps a different exercise class at the gym. Or the ballroom dancing class you've always want to try. Pick up a new instrument. Find an app to learn a new language. Connect with a new social group through your library, church, or somewhere else. Is there a new place you'd like to explore? Maybe a local park or museum, or maybe a vacation you're looking forward to. Trying new things can be another way to reduce stress and is great for brain health too.

**Self-Care:** Keep yourself fresh by practicing regular self-care. A few minutes to read or journal in the morning can help you feel fresh and prepared each day, or a phone call with a friend each weekend can help you feel reenergized for the week ahead. Self-care can take many forms: exercise, yoga, stretching, getting outside, taking a day off, reading, journaling, meditation, participating in hobbies, connecting with friends, etc. Find what works for you and schedule it in just like you would any other responsibility.

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**Coach Stephanie** specializes in nutrition, fitness goals, ergonomics, and finding balance in life. Life can be busy, unpredictable, and is always changing. In order to build new habits, it's important to create customized strategies that work with our lifestyles. Her favorite part of coaching is helping people piece together that puzzle. Stephanie has been coaching since 2012 and holds a bachelor's degree in Kinesiology from the University of Minnesota.

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## GO SLOW & START SIMPLE!

Just a few small changes to your routine can help you live a healthier life!

Give any or all of the following a try at any time throughout the year in celebration of

### National Healthy Weight Week:

- Swap out a high calorie snack for a piece of fruit or vegetables
- Drink an extra glass of water
- Go for a walk
- Plan and prep your meals
- Pay attention to portion

### National Healthy Weight Week

January 21-27, 2024

Start a new healthy routine this week!



## Coach Stephanie's Recipe of the Month

*Simple, warm, 1-pot goodness!*

### Crockpot Butternut Squash & Chickpea Coconut Curry

#### Ingredients:

- 1 medium butternut squash, diced
- 1 lb dried chickpeas, rinsed
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 can coconut milk
- 1-2 large tomatoes, diced
- 3 cups vegetable broth
- 3 T curry powder
- 1 † salt
- Fresh cilantro
- 1-2 cups kale, in small pieces



Combine ingredients from butternut squash to cilantro in crockpot and cook on high for 6 hours. After 5 hours mix in the kale pieces. Serve on rice or with naan.

## Weight Watchers



Weight Loss that Works  
Wellness that Works.

The science-backed program you trust that is flexible, enjoyable, realistic and effective at helping you meet your weight loss goals!

Stick to your weight loss journey with our wellness partner, Weight Watchers, who will help you change your relationship with food.

- Go beyond calorie counting.
- Learn to stick to a budget.
- Connect with others in a judgement free zone.
- Remove the guesswork.



Earn 1,000 Vitality points once per program year! Just track your weight in the Weight Watcher's app two times a month for three consecutive months. Then, submit a screenshot of your weight journey to Vitality.

