

NEWS RELEASE

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New Year's Resolutions: Small Steps Lead to Big Changes

With the New Year comes the expectation that we should make a New Year's resolution. Many people want to lose weight, eat healthier, and begin an exercise regime. Don't get caught up in making a resolution that is unattainable or unrealistic. Here are some tips for a healthy lifestyle year round:

- Avoid fad diets. These may work short term, but you will most likely gain back the weight once you go off of the diet.
- Eat more fruits, vegetables, and whole grains. This is a great way to increase the amount of fiber and nutrients in your diet.
- Choose low-fat (1%) or fat-free milk. This is an easy way to reduce the amount of saturated fat, while still getting vital nutrients such as calcium and vitamin D.
- Be more active. You don't have to join a gym to be physically active. It can involve walking or taking the stairs. Other ideas include: park further away when you go to a store; play with your kids; take the dog for a walk; clean the house or do yard work.
- Eat at home an extra night a week instead of going out to a restaurant. Utilize your crockpot and make soup, stew, or chili. Then take the leftovers for lunch the next day. This will reduce the calories that you eat and increase the amount of spending money you have.
- Limit screen time. Have you ever added up all the time you spend using your smart phone, internet, TV, computer, tablet, etc.? Generally, the more time you spend on these items, the less physically active you are.

Ring in the New Year with these tips, and make the commitment to yourself and your family to be healthier. For more healthy eating tips and recipes, go to www.choosemyplate.gov.

Adults and children participating in the **Let's Eat Healthy!** Program are learning how to form healthy eating habits. For more nutrition or program information, please call (530) 889-7350 or visit our website <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program.