

# GOOD THINGS TO KNOW

*A Decade of News You Can Use!*

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## TOP NEW YEAR'S RESOLUTIONS

RESOURCES TO REACH ANY OF THESE GOALS AT:  
<http://www.usa.gov/>

**Drink Less Alcohol**

**Eat Healthy Food**

**Get A Better Education**

**Get a Better Job**

**Get Fit**

**Lose Weight**

**Manage Debt**

**Manage Stress**

**Quit Smoking**

**Reduce, Reuse & Recycle**

**Save Money**

**Take A Trip**

**Volunteer to Help Others**  
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## RESOLVING TO RESOLVE

“Mark Twain pretty much got it right when he said we make our annual good resolutions on New Year's Day and ‘begin paving hell with them as usual’ the following week. If you'd like to make your New Year's resolutions stick, try this: Have someone else—a significant other, your best friend, maybe even your mom—make them for you. David Palmiter, a couple's therapist in Scranton, Pa. suggests the following when asking for assistance in setting goals. Start with a ‘gratitude letter’. Tell the other person what you appreciate about him. This ‘will make you more likely to be open to the more critical information to follow’. Share a positive goal first then ask for suggestions on how you can reach it and other goals. If there's a resolution you think you will resent or don't want to hear, say you're already working on it. Ask if there are any aspects you might not be aware of. Agree to check in periodically to monitor progress. Consider setting up a schedule of quarterly performance reviews. If you are hurt or offended by a suggestion, tell the other person. Ask them to be gentle. If you think a resolution is wrong, say so.”

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<http://www.usa.gov/Citizen/Topics/New-Years-Resolutions.shtml>

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[http://online.wsj.com/article\\_email/SB10001424052970204552304577114722549353752-1MyQjAxMTAyMDEwNTEwNDUyWj.html?mod=wsj\\_share\\_email](http://online.wsj.com/article_email/SB10001424052970204552304577114722549353752-1MyQjAxMTAyMDEwNTEwNDUyWj.html?mod=wsj_share_email)

[http://online.wsj.com/article\\_email/SB10001424052970204552304577114722549353752-1MyQjAxMTAyMDEwNTEwNDUyWj.html?mod=wsj\\_share\\_email](http://online.wsj.com/article_email/SB10001424052970204552304577114722549353752-1MyQjAxMTAyMDEwNTEwNDUyWj.html?mod=wsj_share_email)

## GOOD THINGS TO KNOW & EAT 2011 INDEX

*Nov. 2010, Vol. X, Issue One* – Cheese Wars, Twinkie Diet, In the Kitchen with Susan Feniger - Tips to Save Money & Time **Recipe: Turkey Pumpkin Chili**

*Dec. 2010, Vol. X, Issue Two* – Vitamin D Facts, Calcium & Vitamin for Dinner, Lite Holiday Bites **Recipe: Mock-Tuna Salad**

*Jan. 2011, Vol. X, Issue Three* - New Year's Resolutions, New Balance Charged with False Advertising, Stick Blenders, Benefits of Ginger & Bell Peppers, Sourcing Indian Spices **Recipe: Red Pepper Soup with Ginger & Fennel**

*Feb. 2011, Vol. X, Issue Four* - New CPR Guidelines, Heart Attack Symptoms, Train for a 5K, Pole Walking, Quinoa Update - Blond, Red or Black? Basic Quinoa Prep **Recipe: Warm & Nutty Cinnamon Quinoa**

*Mar. 2011, Vol. X, Issue Five* - Lifting Weights Isn't the Only Way to Build Muscle, My Big Skinny Greek Luncheon **Recipes: Egg Lemon Soup, Kefthetes, Tzatziki**

*Apr./May 2011, Vol. X, Issue Six* – You Can't Sit Down, the F-A-S-T acronym to recognize stroke symptoms, Emergency Preparedness Guide **Recipes: Creamy Lettuce Soup, Quinoa Tabbouleh**

*June 2011, Vol. X, Issue Seven* – Whittle Your Middle, Meals on Wheels – Food Truck Craze, MyPlate, Sunscreen Guidelines, Mad for Mangos **Recipe: Shrimp & Mango Tacos**

*July 2011, Vol. X, Issue Eight* – When to Go Organic, ACSM Relaxes Activity Guidelines, Neck Pain Relief, Gasoline or Groceries – Money Saving Kitchen Tips, Julienne Slicers **Recipes: Arrabiata Seasoning, Pronto Pasta**

*Aug./Sept. 2011, Vol. X, Issue Nine* – The Amen Solution, IDEA World Fitness Report – Brain Health, Sugar, Obesity, Gasoline or Groceries Part II - Hunger in Los Angeles County **Recipe: Red Bean & Pepper Pâté**  
*Oct. 2011, Vol. X, Issue Ten* - If You Sit, Be Fit, Office Stretches, Gasoline or Groceries Part III – Dr. Amen's Low Cost, Brain Healthy Diet **Recipe: Vegetable Barley Risotto**

*Nov. 2011, Vol. X, Issue Eleven* – Fit Gifts That Won't Break the Bank, Taking Care of Fitness During the Holidays, Kitchen Stretches, Gasoline or Groceries Part IV – Best Food Dollar Value At Non-warehouse Grocery Stores **Recipe: Moroccan Vegetable Stew**

*Dec. 2011, Vol. X, Issue Twelve* - Think Outside the Gym, 8 No-Equipment Moves, Gasoline or Groceries Part V – Preserving Surplus Fresh Herbs, Peeling Garlic **Recipe: Coral Tree Café's Vegetable Soup**