

New Year's Resolution



Community and Public Health

Kia ora koutou,

We often start the New Year with a resolution to lose weight and try to make dramatic lifestyle changes to achieve that goal. People want to lose weight for many reasons including: improving energy levels, feeling more confident, increased ability to carry out desired tasks or activities, improving health and feeling better within themselves. However, there is convincing evidence showing us that restrictive diets do not work, and in fact may be harmful to our overall health and wellbeing. Diets can be successful in the short term but are often difficult to stick to long term for many reasons, and so, it is better to make small changes.

Consider sustainable changes for a cracker start to 2023:



Start with breakfast. Find something you really enjoy eating, and have a substantial serving. A brilliant breakfast will include **GO + GROW + GLOW**. **GO** foods include: oats, wholegrain bread, Weetbix, bran, starchy vegetables (like potato or kūmara). **GROW** foods include: milk, yoghurt, egg, oily fish, peanut butter, hummus, tofu, lean meat. **GLOW** foods include fruit and vegetables such as banana, orange, apple, berries, spinach, tomato.

A serving of plant fats will add an extra boost to your breakfast; think a tablespoon of nuts, seeds, avocado, or a serving of oily fish like canned tuna or salmon.



Get active. Enjoyment is key. Choose something you love and look forward to. It could be yoga, walking with a friend, aqua jogging, trail running, or dancing. Aim to get that heart pumping for at least 30 minutes, five days a week.



Try a new recipe. Open up those recipe books you have on the shelf, or borrow from the local library and challenge yourself to make something new. You could try eating lentils or chickpeas for the first time, or cook a family favourite in a different way. Approach new foods with curiosity- you may find new family favourites!

You are most welcome to pop in to the Community Health Information Centre on the ground floor here at Community and Public Health (3 Tarapuhi Street, Greymouth), to check out some seasonal, budget-friendly recipes, they are free!



Legalise food. Allow yourself to eat your favourite foods. Enjoy them without guilt and know that you can eat them when you wish to. **Healthful eating is a pattern, not a rule.** Trust yourself enough to be flexible. You can eat dessert, fish and chips at the beach, pancakes for breakfast and the world will not end. Challenge your thoughts and beliefs around food and body size.



Fill your day with colour. Embrace any opportunity to add colourful vegetables or fruit to your usual meals which will help your brain and body to feel good and function well

Ngā mihi nui,
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