

What Was That Resolution Again?

Having a healthier lifestyle is one of the most common New Years' Resolutions; was that one of yours? Are you still following it? Other than just the general "I want to lose weight" or "I want to be healthier" statements, many ladies will think a little more specific such as "I want to eat more healthfully and I want to feed my family a more healthful diet." As you may have learned, broad general resolutions do not work. We need to be more focused which means being more specific.

As Christ followers, we are all ministers and to be effective ministers, we need to be good stewards of our body which is the temple that houses the Holy Spirit inside of us. The Proverbs 31 description of a "Worthy Woman" includes her providing food for her household while looking well to the ways of her household and she does not eat the bread of idleness.

Rather than eating the bread of idleness, here are a few specific ways to feed yourself and your family more healthfully:

- **Add in the good stuff!** As my three year old son Nolan says, "I'm going to eat my colors today!" Scan the weekly sales ads for the produce that's on sale and get the in-season fruits and vegetables. To improve your chances of eating the fruit instead of letting it go bad, make a big bowl of fruit salad (add orange dices so apple will not turn brown). This will last for several days in the fridge and your family can easily eat it for snack or in lunches.
- **Drink water, 1% or fat-free milk, or unsweetened tea (cold or hot).** Milk has fat-fighting, bone-building Calcium and Vitamin D3, tea has antioxidants, and water is just great for you. Skip the sweet drinks! Avoid pound-packing, cavity-creating sugar drinks and I challenge you to wean yourself off of artificially sweetened drinks also so that you will not have the "taste" for sweet foods & drinks and you will cut down on the chemicals in your food.
- **Decrease the artificially colored and flavored foods.** One of the first steps to a truly healthier lifestyle is to go more natural. There really is something to the huge amounts of chemicals going into our bodies not being good for us. If you are giving your kids a drink that is bright blue or green, think twice. Give them fresh blueberries instead to eat and drink milk.

These tips are just the beginning to a healthier you and your family! There will be more to come so I challenge you in the meantime to start these first three tips today!

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