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Making Your Resolutions Stick

Every year, thousands of people create New Year's Resolutions with the purpose of bettering themselves, and every year thousands of people fall short of those resolutions. They're easy to make, but not so easy to keep up with. But why is it so hard to make healthy changes you know will improve your lifestyle?

Some suggest that resolutions are too focused on a specific outcome, such as aiming for an exact body weight. When focus is placed on a specific outcome, it can be challenging to follow through with that goal if results are not immediate. Others may blame failure of reaching outcomes on a lack of time and resources. No matter the case, change is always possible, and research suggests there are common strategies that anyone can use to boost their chance to make those changes into a habit.

One challenge many people seem to face is they often set unrealistic goals, which can lead them to become frustrated and give up. Any resolution needs to include small goals that are definable and will help you reach an overall goal over time. For instance, a resolution to lose 30 pounds may seem like a lot and can overwhelm some people. Breaking down that goal and setting it to losing 5 pounds a month for 6 months sounds a lot more realistic and has a better chance of being completed.

Having a solid plan that will help you reach your goals is another strategy that can be used to help your resolution stick. Set up steps that can be done daily that will help you reach your overall goal. Whether it's specific behaviors that can be changed or setting smaller goals in the day, starting off with these steps will make it easier to achieve the larger goal in the end.

Setting up a supportive environment is another step towards success. Remove items that might trip up your efforts, but also make sure to include items that may help you reach your goals. For example, get rid of unhealthy foods around the house and replace them with healthy snacks. Or, stop purchasing alcohol or cigarettes. Having the support of others is also key to reaching resolutions. It has been proven that our behaviors tend to mirror those around us. So, surrounding yourself with others with similar habits or who are willing to support your change is beneficial for sticking with your resolutions.

There are plenty of tips when it comes to creating healthy habits, but here are a few helpful ones we think will help your resolution stick:

- **Set realistic goals.** Write down the steps that will help you achieve your goals.
- **Plan for obstacles.** Figure out how to overcome obstacles but don't give up just because you've slipped.
- **Track your progress.** A journal or diary is one of the best tools for helping you stay focused and recover from slip-ups.
- **Get help.** Ask friends and family for support. Consider enrolling in a class or program for certain goals.
- **Reward yourself.** Give yourself a treat when you've achieved a small goal or milestone.
- **Add variety.** Keep things interesting by adding new activities or expanding your goals to make them more challenging.

Some of the most common resolutions include losing weight, eating healthier, cutting back on drinking or smoking, and saving money. Thankfully, no one is ever too old or too out of shape to make healthy changes in their lives. New Year's is an opportunity for all to reflect on themselves and think about improvements they'd like to make, so make your new year a healthy one.

For more info & sources, visit:

- <https://newsinhealth.nih.gov/2010/12/making-your-resolutions-stick>
- <https://www.health.harvard.edu/staying-healthy/seven-steps-for-making-your-new-years-resolutions-stick>
- <https://www.mercycare.org/bhs/employee-assistance-program/eapforemployers/resources/how-to-make-new-years-resolutions-stick/>

January is National Blood Donor Month

This January marks the 53rd anniversary of National Blood Donor Month which was established to help recognize and pay tribute to all voluntary blood donors and to encourage others to become donors as well. Of the 328 million people that live in the US, only a little under 7 million donate blood annually.

The beginning of every year is usually the peak of critical blood donation shortages. Since January is usually characterized by a cold winter and a time when people get together for the holidays, the rate of individuals getting sick from the flu and other diseases increases. This results in less blood

from healthy individuals being donated and used.

Donated blood is used for blood transfusions which help save lives every day. Blood transfusions are used for patients who are having surgery, getting cancer treatments, or being treated for other diseases that affect an individual's healthy blood cells, such as:

- Sickle cell anemia (inherited blood disorder that prevents red blood cells from carrying enough oxygen throughout our bodies)
- Hemophilia (inherited bleeding disorder that prevents an individual's blood from clotting properly leading to excessive bleeding from wounds that would be difficult to stop)

However, having many donors is only one important way we can avoid blood shortages. There are a variety of blood types, and within those blood types are another variety of important components. These include platelets which help to control the bleeding in our bodies during surgeries, and plasma which prevents blood clotting and boosts blood volume.

It is crucial that a patient receives blood from a donor that has the same blood type to ensure the patient's safety and recovery. So, ensuring there is diversity in our national blood supply is the best way to prevent these shortages that risk the health of many individuals with less common blood types.

The Red Cross holds most of the nation's blood supply. [Here](#) is a link to their official website where one can find out more information about how to become a donor.

For more info & sources, visit:

[Association for the Advancement of Blood & Biotherapies Website](#)

[American Red Cross Website](#)

[KidsHealth Website](#)

[DC website](#)

Throughout the year, there are countless health observances that raise awareness for a variety of conditions (both big and small) and remind consumers to be proactive and stay on top of their health.

This Month's Observances:

- [National Birth Defects Prevention Month](#)
- [National Blood Donor Month](#)
- [Cervical Health Awareness Month](#)
- [Glaucoma Awareness Month](#)

Week to Note:

Healthy Weight Week, January 15-21

Easy Cheesy Enchiladas

Prep Time: 10 minutes
Cook Time: 20 minutes
Number of Servings: 12

Ingredients

- 2 cans (15 oz each) – pinto beans, drained and rinsed
- 1 cup – salsa
- 1 ½ cup – corn (fresh or frozen, or a 15 oz can drained and rinsed)
- ½ cup – chopped mild green chilies
- ½ tsp – garlic powder or 2 cloves garlic, finely chopped
- 1 ½ cup – shredded cheese
- 1 can (15 oz) – enchilada sauce
- 8 whole wheat flour tortillas or 12 corn tortillas

Directions

1. Preheat oven to 350 °F. Lightly oil or spray a 9 x 13-inch baking dish.
2. Mix beans, salsa, corn, chiles, garlic and half of the cheese together in a bowl.
3. Warm each tortilla in a dry skillet and stack them on a plate.
4. Spoon about 1/2 cup of the bean mixture onto each tortilla.
5. Roll the tortilla and place seam-side down in the baking dish.
6. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
7. Bake for 15 to 20 minutes, or until hot.
8. Refrigerate leftovers within 2 hours.

Nutrition information per serving: Calories: 210, Carbohydrate 30 g, Dietary Fiber 6 g, Protein 9 g, Total Fat 6 g, Saturated Fat 2.5 g, Trans Fat 0 g, Cholesterol 15 mg, Sodium 580 mg
Serving size: 1 enchilada (201 g)

[More recipes like this](#)



Beans & Corn Make This Enchiladas Fiber Rich!

Most people know corn for their delicious and sweet crunch, but did you know corn comes in a variety of colors such as white, red, black, blue, purple, and orange?

Not only tasty, corn has many health benefits including being full of insoluble fiber. This means it is slower to digest helping make us feel fuller longer. Corn also contains many B vitamins as well as zinc, magnesium, copper, iron, and manganese.

Beans and legumes contain a lot of protein, B-vitamins, iron, folate, calcium, potassium, and zinc. Like corn, beans are a great way to get fiber in your diet. They're also low in fat, calories, and sodium.

A diet high in fiber can help control diabetes and maintain a healthy weight.

Upcoming Events**

*** Times/Locations Subject to Change ***

Visit the Healthy Fontana booth at one (or all) of these upcoming events for FREE resources and giveaways!

- **Thursdays, *January 5th (CANCELLED due to rain), 12th, 19th, & 26th:* [Fontana Farmers' Market](#), 2pm-7pm, Southridge Park (Don Day Center**

Parking Lot)

- **Sundays, January 8th, 15th, 22nd, & 29th:** [Fontana Farmers' Market](#), 10am-3pm, Fontana Park/Aquatic Center Parking Lot
- **Saturday, January 14th:** [Fontana Walks!](#), 8am, Mary Vagle Nature Center
- **Saturday, January 21st:** [FREE Vision Screening and Community Health Fair](#), 8am-2pm, Summit Church Calvary Chapel



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