Happy New Year!

We’re kicking off the New Year with a bang-up medley of information for you. We added two new pieces that we know you are going to love. One is a (very) short video called Coach Clip, which will offer a myth-buster or a challenge. The other new item is a brain game and this month’s is a crossword puzzle.

**Poster:** *Keeping Resolutions* is a printable piece with some handy advice on simple things for you to do to help keep goals attainable.

**Recipe:** This month’s recipe, Quick Black Bean Mexican Soup, provides a healthy way to spend a cold winter’s evening: some nice, warm soup. This soup is easy to make and pleases the most discriminating taste buds!

**Brain Game:** This month’s game is based on words around the theme of Healthy Resolutions. Each month’s game will be different, and answers are always provided.

**Podcast:** We had a lot of fun with our podcast, *Keeping Resolutions*. Give it a listen and just try to sit still! The music is moving and the message is great. You’ll definitely want to share this one. [Download it straight to your computer or smartphone.](#)

**Coach Clip:** Our Clinical Coordinator, Ashley, offers a myth-buster on carbohydrates. Short, sweet, and to-the-point.

**Short Video:** With a new year upon us, a lot of people are thinking about habits: getting rid of some bad ones and, hopefully, starting some good ones. But how much work does it take to actually make that happen? Clinical Specialist, Michael Dettner, discusses some ideas for developing new, healthy habits and making them stick. [Click below to watch!](#)

We are so excited about this New Year and so glad you’re here with us as we move into it. Here’s hoping for a healthy and happy 2016 for all of us!