

# Happy New Year and a Happy N.E.W. U!

It's that time again to make a list of goals to tackle, with better health usually toward the top. Eat better, more fruits and vegetables, less sugar and fat, and more water. It seems so simple, so why is it so hard? Alas, we are creatures of habit and our relationship with food is a complex one. These habits start early in life for many of us and some we may not even be aware of. This is why "going on a diet" fails so often as a long-term solution. We try to change our habits overnight and we end up feeling overwhelmed and deprived. I don't know about you but whenever I feel that way I want to abandon ship! And unfortunately that's usually what we do.

The best approach for long term success is to take a page out of the Tortoise and the Hare; slow and steady wins the race. Consistency is the key. Whether it be training for a marathon, learning a new skill, or eating better. Consistently making small steps in the desired direction will get you where you want to go and less likely to make you feel overwhelmed by the process. In addition, the habits created will be stronger and longer lasting which will create RESULTS THAT LAST.

If you are looking for a personalized plan, accountability and consistency, N.E.W. U may be the right fit for you. N.E.W. U stands for Nutrition. Education. Wellness. University. Better nutrition is the cornerstone to reaching your goals. Let's find your plan of action!