

Happy New Year !!

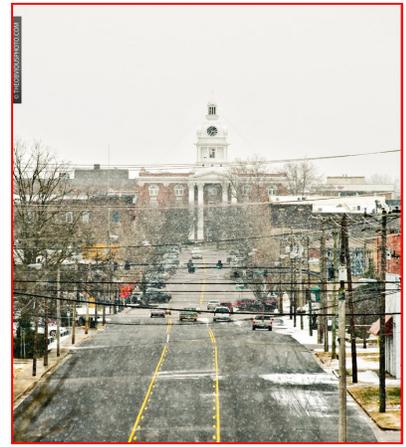
Winter Safety Tips

1. Maintain a sunny disposition. The season's frigid temps shouldn't fool you – snow reflects more than 75% of the sun's damaging ultraviolet rays. Don't stow away the sunscreen during winter; use it to protect kids' faces before they go out to play.

2. Keep snug like a bug – but not too snug. Winter wear should fit kids properly, but gear shouldn't be so tight that it restricts movement. This is particularly true for footwear. Too-tight boots constrict blood flow, causing feet to become even colder. When sizing shoes, allow room for an extra pair of socks.

3. Be clever about clothing choices. When sending kids off to school or out to play, make sure they're dressed warmly in layers that are wind- and waterproof. If possible, opt for wool instead of cotton. This durable and flexible material is an excellent insulator that will help keep kids dryer and warmer than cotton, which is quick to absorb water.

4. Serve superior snacks. Good nutrition can help kids fight off cold and flu season, so strengthen their immune system with a balanced diet. Snack time is a great opportunity to sneak in some extra nutrients; try dried and fresh fruits, sliced raw vegetables, whole-wheat crackers with cheese, and yogurt.



Tips for a successful New Year's Resolution



Choose an obtainable goal. Resolving to look like a super model is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible.

Avoid choosing a resolution that you've been unsuccessful at achieving year after year. This will only set you up for failure, frustration and disappointment. If you are still tempted to make a promise that you've made before, then try altering it. For example, instead of stating that you are going to lose 30 pounds, try promising to eat healthier and increase your weekly exercise.

Create a game plan. At the beginning of January, write a comprehensive plan. All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. Write your own *personal* plan and you'll be more likely to succeed as well.

Break it down and make it less intimidating. Rather than one BIG end goal, dissect it into smaller pieces. Set several smaller goals to achieve throughout the year that will help you to reach the ultimate goal. Then even if you aren't able to reach your final goal, you will have many smaller, but still significant, achievements along the way. For example, if your goal is to complete a 10K race, your smaller goals could be running a 5K in less than 30 minutes, adding upper and lower body strength training to increase your muscular endurance, and running 2 miles with a personal best completion time.

Ask friends and family members to help you so you have someone to be accountable to. Just be sure to set limits so that this doesn't backfire and become more irritating than helpful. For example, if you resolve to be more positive ask them to gently remind you when you start talking negatively



January Activities

- **Footloose**—Jan 11-20
<http://www.boroarts.org>

