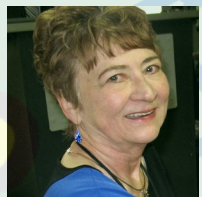




## It's the end of 2017! How did you do making a healthy change this year?

Were you able to move towards any of these 10 health goals this year? (This list comes from Vanderbilt University Medical Center Website).

- 1. Embrace nutrition basics.** Eating right doesn't have to be complicated. Forget the fad diets and adopt a healthy eating plan including a variety of fruits and vegetables, lean proteins, whole grains, and low-fat dairy.
- 2. Move more.** Aim to get at least 150 minutes of moderate activity, such as walking, each week to assist in weight maintenance and overall health.
- 3. Be smoke free.** Make a plan for the challenges you will face and keep trying your best. Seek support and talk to your doctor about medications that can double your chances of quitting for good.
- 4. Schedule sleep.** Make sleep a priority to enjoy a more focused, energy-filled lifestyle. Aim for 7-9 hours of sleep each night. Create a relaxing bed-time routine and change your electronic device settings to the "night-shift" mode.
- 5. Prioritize preventive screenings.** Many medical conditions can be recognized in the early stages by getting preventive screenings and immunizations. Ask your doctor about what screenings are recommended for you.
- 6. Connect with others.** Building a community of people who can help you through life's ups and downs is a vital step towards happiness and good health. Invest in relationships that provide encouragement and accountability to both parties.
- 7. Stress Less.** Gratitude has been shown to lower stress, which prevents many other physical and mental consequences. Instead of focusing on what your body can't do or how you wish your body looked, try expressing gratitude for where you are now and the opportunity to make improvements.
- 8. Work toward or maintain a healthy weight.** If you are overweight, work toward losing 5-7% of your weight to significantly reduce your health risks. Studies show that individuals who track their intake using an app, such as myfitnesspal, lose more weight and keep it off compared to those who don't track.
- 9. Set SMART goals.** General goals such as "exercise more" are not effective. A SMART goal is Specific, Measurable, Action-oriented, Realistic, and Timely. "I will walk 20 minutes over my lunch break on Tuesdays and Thursdays" is a SMART goal.
- 10. Stay positive.** Health goals don't always go as planned. When you face challenges, focus on all of the positive changes you have made, no matter how small they seem. Treat yourself with kindness, like you would a good friend.



Judy Rudy

"We cannot change or deny who we are or what we stand for and CJ stands for family, plain and simple. The health and well-being of our CJ family, both internal and external, is important and we believe through education and the promotion of a heart-healthy lifestyle that we can improve the quality of life for those we care about.

Together, we can make a difference."

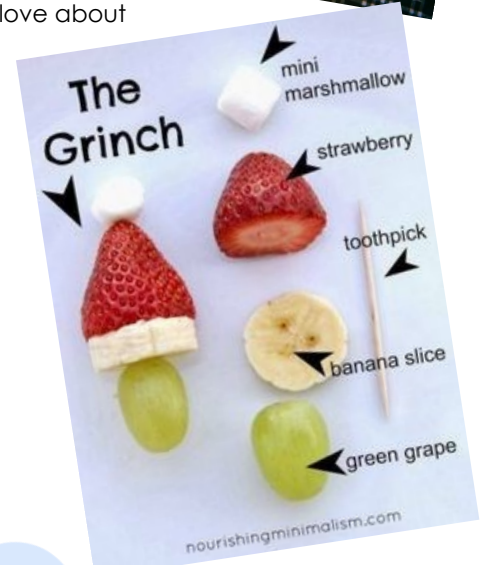
## Winning at the food game this holiday season.

No recipe needed - super fun ways to include fruits and vegetables on the holiday table!



Christmas Tree shaped food. What is there NOT to love about these ideas?!

Grinch Kabobs!



To encourage kids to play, we are collecting balls this year. Basketball, football, soccer ... you name it. Want to help? Drop off at our office:

CJ & Associates, Inc.  
16915 W. Victor Road  
New Berlin, WI 53151

### How to spice up your HOT CHOCOLATE

<p><b>1 Peppermint</b></p> <p>1 CUP WHOLE MILK + 1/2 CUP CHOCOLATE CHIPS + 1 TSP. PEPPERMINT EXTRACT</p>	<p><b>2 Orange</b></p> <p>1 CUP MILK + 1/2 TSP. SUGAR + 1/2 TSP. GRATED ORANGE ZEST + 2 OZ DARK CHOCOLATE</p>
<p><b>3 Vegan</b></p> <p>1 CUP VANILLA ALMOND MILK + 1-1/2 TSP. UNSWEETENED COCOA POWDER + 2 TSP. COCONUT PALM SUGAR</p>	<p><b>4 Aztec</b></p> <p>1 CUP MILK + 5 OZ CHOPPED DARK CHOCOLATE + 1/4 TSP. CINNAMON + TINY PINCH CAYENNE</p>
<p><b>5 Peanut Butter</b></p> <p>1 CUP SKIM MILK + 1/2 CUP HEAVY CREAM + 4 OZ MILK CHOCOLATE, CHOPPED + 1/4 CUP CREAMY PEANUT BUTTER</p>	<p><b>6 Pumpkin Spice</b></p> <p>1 TSP. MAPLE SYRUP + 1/2 TSP. PUMPKIN PIE SPICE + 1 CUP WHOLE MILK + 1 TSP. UNSWEETENED DARK COCOA</p>
<p><b>7 Nutella</b></p> <p>1 CUP WHOLE MILK + 2 TSP. NUTELLA + 1 TSP. COCOA + PINCH SALT</p>	<p><b>8 Caramel</b></p> <p>1/2 CUP MILK + 5 OZ MILK CHOCOLATE, CHOPPED + 1/4 CUP HEAVY CREAM + 3 TSP. CARAMEL SAUCE</p>
<p><b>9 Lavender White</b></p> <p>1 CUP WHOLE MILK + 1/4 TSP. LAVENDER BUDS + 1/2 CUP WHITE CHOCOLATE CHIPS</p>	<p><b>10 Irish</b></p> <p>1 CUP MILK + 1/2 CUP CHOCOLATE CHIPS + 2 OZ BAILEY'S IRISH CREAM</p>

**TOP IT OFF:**  
Marshmallows, whipped cream, cinnamon stick, caramel

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