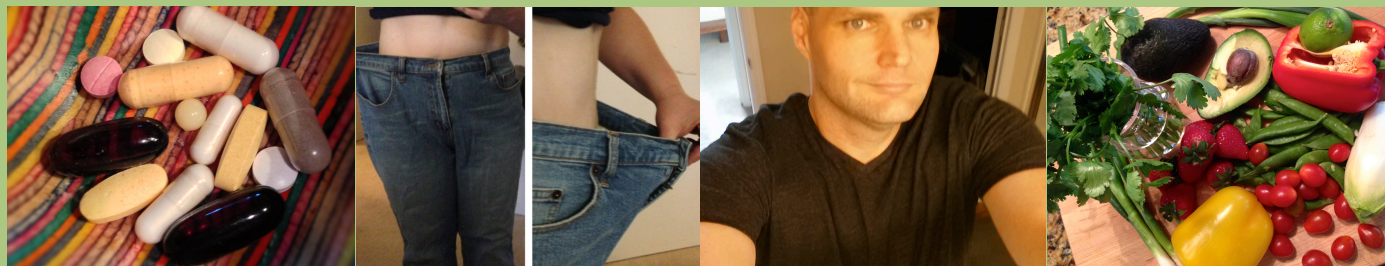




Hendricks For *My* Health



January 2005 Newsletter - It's Time to Get Selfish!

It's January again - the time of year to reassess health and life goals and commit to a plan of action. by Paula Hendricks, Nutritionist

Are you resolution ready?

According to a recent survey, the most common New Year's Resolutions are to lose weight, eat healthier, get fit, reduce debt and improve career. There is a common thread amongst these resolutions. **Self-improvement.** Most people want to look and feel better, and get ahead in life without debt.

Don't think you have time to take care of yourself or have too much on your plate already with job, spouse, kids, etc.? Get over it! I'm here to tell you that it's time to get selfish and take care of yourself - **or there will be no self.**

Look at it this way. When you feel good, you look good and have amazing energy. When you are fit, you can keep up with life. When you are healthy, you are less prone to injuries and illness. When you are strong, you are independent and in control of your life. "Life!"

Doesn't sound so selfish anymore?

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." - Rumi

When you nosh on healthier foods, you are staving off inflammation and potential illnesses in the body so you can become a more productive person. When you move your body, will be energized and ready to tackle anything. When you reduce your debt, you have less stress in your life and you will be able to save for the future *and* plan for that dream vacation.

"_____ here I come!" Fill in the blank.

Make this year the one to take care of YOU! Invest in yourself *today* and it will pay back in big dividends *tomorrow*. If you need help getting started, there are many professionals in the community who specialize in fitness, health, self-improvement, weight control, financial success, planning and more.

My goals for 2015: Sharpen my mind, keep moving my body, eat whole foods, spend wisely and invest in my future – in a nutshell, I'm going to get selfish. I hope you do, too. *PH*



Instagram

Need more inspiration? Follow me on Instagram @paula_hendricks while I post everything I eat and my exercise routine for 2015. #hendricksforhealth #hendricksmethod