



Official Newsletter of WIC Worksite Wellness

REFLECT AND REDIRECT

Ashley Woo & Ashley Henson

This time of year, many people are motivated to make resolutions and improve their lifestyles. However, it can be easy to set unrealistic goals that don't last. Remember, change is a process that takes time. Here are some tips to help your resolutions last this New Year:

- **Start small:** Small changes become habits more easily than big ones. Reaching small goals builds confidence and keeps you moving forward.¹
- **Enjoy the process:** Choose a goal that you will enjoy and doesn't feel like a chore.
- **Approach, not avoid:** Approach goals to seek a positive result instead of avoiding a negative one. "I will sleep eight hours, so I have energy the next day" is a stronger goal than "I will sleep eight hours, so I'm not tired."²
- **Track your progress:** Goals should be measurable because following your progress can be motivating. Try this [free tool](#) to track your journey.³

ELEVATE YOUR PLATE

Kacey Van Duzer & Lauren Flotman



Eating more nutrient-dense foods, like fruits and vegetables, will help you to stay healthy this season! Nutrient-dense foods have been shown to help prevent disease.⁴ Here are two tips and resources to help you make more nutrient-dense meals!

1. **Focus on nutrient-dense foods:** Eating nutrient-dense foods can help your brain stay strong.⁵ For example, blueberries, spinach, walnuts, and broccoli are full of vitamins, minerals, and antioxidants that can keep you healthy. Find more nutrient-dense foods [here](#)!
2. **Include more antioxidants foods:** Add colorful fruits and veggies to your diet to lower the chance of disease.⁶ These foods are high in antioxidants that support our immune system. Click [here](#) for more ideas for foods with antioxidants!

SPICY SALMON BOWLS

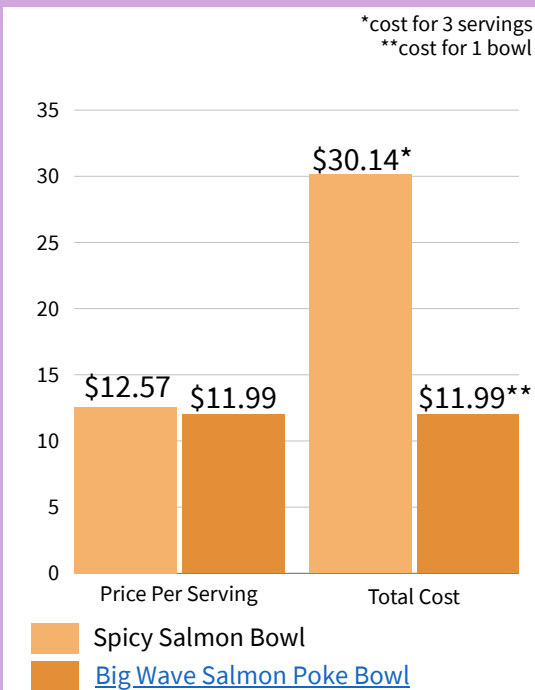
Ivette Ramirez & Jack Galliver



If you're looking to enhance your meal's flavor and nutrition, then try this spicy salmon bowl. This recipe is the perfect combination of spicy and savory with the sriracha, light mayonnaise, avocado, and wild salmon. Did you know, wild salmon has less calories and fat than farmed salmon, thus improving your diet?⁷ So, what are you waiting for? Give this recipe a try and elevate your plate and health.

Servings: 3 **Prep:** 10 min **Cook:** 40 min **Ready in:** 50 min

PRICE COMPARISON



Ingredients:⁸

- 1 cup of uncooked brown rice
- 2 ½ cups of water
- 2 ounces of cooking spray
- 2 ⅓ cups kale
- Juice from 1 lemon
- 1 ½ medium-sized cucumber, diced into medium cubes (1/2 inch cubes)
- 1 tablespoon of light mayonnaise
- 2 teaspoons of sriracha
- 9 ounces of canned wild pink salmon, drained without salt
- 3 slices of avocado
- 1/8 teaspoon of table salt
- 1/4 teaspoon of black pepper

Instructions:

1. In a saucepan, add the uncooked rice with water on medium-high heat. Cover and cook for 40 minutes or follow the directions on the rice package.
2. Roughly chop the kale and add it to a bowl. Squeeze half a lemon over the top and toss until fully coated.
3. Spray cooking oil in a pan and sauté the kale for 3 minutes or until soft.
4. In a small bowl, mix the sriracha, mayonnaise, and the juice from the remaining half of lemon.
5. Combine the diced cucumbers, salmon, and sriracha dressing until fully coated.
6. In the serving bowl, add the cooked rice and place the mixed salmon, kale, and the avocado slices on top.
7. Season with salt and pepper and enjoy!

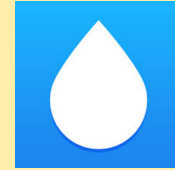
NUTRITION FACTS⁹

Serving size: 1 cup

- Total Calories: 381
- Total Fat: 8 g
 - Saturated Fat: 1 g
- Cholesterol: 31 mg
- Sodium: 261 mg
- Carbohydrates: 55 g
 - Fiber: 5 g
 - Total Sugars: 3.7 g
 - Added Sugar: 0.3 g
- Protein: 24 g

APPS TO ADVANCE YOUR LIFESTYLE

Caitlyn Jones & Stacy R. Wells



Have you heard of the 21/90 rule? It says that it takes 21 days to create a habit and 90 days to make a permanent change.¹⁰ Change is a lot easier with an app like [Habit Bull](#). Habit Bull helps to create positive habits with a variety of topics, like time management and personal hygiene. Download the free app on [Google Play](#) or [Apple Store](#)!

[WaterMinder](#) is a free water tracker app! It tracks your daily water consumption right from your phone. If you are someone who struggles to drink enough water, WaterMinder might be perfect for you! The app sends you routine reminders to help you hit your water goal and lets you see your hydration history. Download WaterMinder now on the [Apple Store](#) or [Google Play](#)!



American Red Cross
San Diego and Imperial
Counties



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