

WELLNESS MONTHLY

Exercise | Nutrition | Happiness

Paleo Lemon Cookies

Ingredients:

- ~ 1.25 cups almond flour
- ~ 3 tbsp coconut flour
- ~ 1 tbsp lemon zest
- ~ 1-3 tbsp lemon juice (depending on how strong you want it)
- ~ 1/4 cup melted coconut oil
- ~ 1/4 cup maple syrup
- ~ 1 tsp baking soda
- ~ pinch of salt

Directions: Mix all ingredients in a bowl. If your dough isn't hard enough, place it in the fridge for a little bit. Bake for 8-12 minutes.

Recipe from livestrong.com

No-Equipment Circuit

reverse lunges 6 per side ~ lateral split squats 6 per side ~ pushups 10 reps ~ hip bridges 10 reps ~ mountain climbers 30 seconds ~ repeat as many times as desired
From blog.myfitnesspal.com



5 Secrets for NOT Giving Up on Your Health & Fitness Resolutions

1. Set REALISTIC, CONCRETE Goals

“Lose weight” or “get in shape”, is NOT specific or concrete. Set goals that are measurable. And then work backwards. If you have vague goals, you’ll get vague results. And you’ll probably fall off your health and fitness resolutions. Create SPECIFIC goals, and you’ll have a MUCH better chance of actually hitting them! You’ll have a much easier time working backwards and creating a clear path TO them. First set long term, 1 year goals. Then work backwards; set mini 6 month, 3 month, and 1 month goals as milestones to your big goal. Otherwise you’ll find yourself giving up because of feeling like you “aren’t getting anywhere”.

2. Treat Yourself to Gifts that SUPPORT Your Goals and Get You EXCITED

Whenever I set goals, I always treat myself to something that will get my that first bit of excitement to actually DO. Last

Peanut Butter Cookies

Ingredients:

- ~ 1.5 cups peanut flour
- ~ 2/3 cups granulated erythritol
- ~ 2 tbsp ground flaxseed
- ~ 2 tsp double-acting baking powder
- ~ 1/2 tsp salt
- ~ 1/2 cup natural peanut butter
- ~ 1/2 cup unsweetened applesauce
- ~ 1/4 cup unsweetened almond milk
- ~ 1/4 granulated erythritol, for coating

Directions:

Preheat the oven to 350 degrees F & grease 2 cookie sheets. In a small bowl, whisk together the peanut flour, 2/3 cup erythritol, flaxseed, baking powder, & salt. In a large bowl, whisk together the peanut butter, applesauce, & almond milk. Dump the dry ingredients over the wet ingredients & fold together with a silicone spatula. Scoop 2 heaping tablespoons of the cookie dough into your palms, roll it into a ball, then gently flatten it into a patty shape (note: the cookies won't spread much). Place the cookie dough patty onto the prepared cookie sheet. Do this with the remaining dough. In a small bowl, add 1/4 cup of erythritol. Toss the cookie dough patties in to coat, then place them back on the cookie sheet. Bake for 16 minutes. Let cool on the pan. Serve immediately, or store at room temperature for up to 3 days. From @dessertswithbenefits

year I signed up for a half marathon as one of my health and fitness resolutions, and instantly went over on Zappos to order some new running shoes. Just recently I did the same thing! For some reason, new shoes always make me excited to get out and get MOVING.

3. Remember it is a PROCESS

This is a journey, not an overnight achievement. Your health and fitness resolutions WILL take time. There will be days of feeling SUPER FRUSTRATED. There will be days you want to give up because things aren't moving as quickly as you'd like. DON'T. The only time you ever fail is when you give up. You didn't get to the place you're at now in one day or one week, and you're not going to to breakthrough in a week either! This is also why it's SUPER important to set mini goals. Otherwise you will feel you're working aimlessly until reaching that BIG goal.

4. Have a PLAN – Don't just “hope”

Now's the time to start planning. WHAT are your goals? WHAT are your barriers to those goals? HOW do you plan on reaching your health and fitness resolutions? WHAT tools/resources/help do you need to reach your health and fitness resolutions?

If one of your health and fitness resolutions involve running a 5k or half marathon, then you'll probably need a running buddy or coach for support and guidance, a pair of good shoes, some prep of nutritious meals and snacks to fuel you, and running apparel you're EXCITED about wearing and feel good in.

5. FINANCIALLY INVEST

Do you know that the biggest source of commitment is financial commitment? Don't believe me? Compare two times in your life, one with when you got something for free, and one when you paid for it. Which one were you more committed to?

Think about if a trainer or dietitian friend told you they would give you a training/meal plan for free. Then think about if you PAID hundreds (or even thousands!) for a 6 month commitment to a trainer or dietitian. Honestly, which one would you be more committed to? You know the answer. Reaching your health and fitness resolutions WILL take investing in YOU.

From freshfitnhealthy.com

