

**Featured Topic:
Resolutions and Goal Setting
(4 slides)**

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Almost half of all Americans will make a resolution to change or improve their life on January 1.

By February 1, half the people who made a resolution will have **given up**.

Just **8%** of people achieve their New Year's Goals.

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Make a Plan

- **Did You Know?** Even after experiencing a heart attack, 86% of people are unable to make ANY lasting changes relating to diet and exercise.
- **The average person makes the same resolution 10 times without success.**
- There are three types of people in this world:
 - those with no plan
 - those with a plan in their head
 - **those with a documented plan**
- People who explicitly make – **write down** - resolutions are **10 times more likely to achieve their goals** than people who never make resolutions

How to Set Your Goals for 2017

- Sit quietly and clear your mind
- Think of what you want to achieve
- **Write it down**
- No limits – put down everything no matter how crazy it seems
- Read it aloud, every day
- TIP: put a picture of your goal where you can see it every day
- **STICK WITH IT:** If you are trying to change a behavior, such as getting exercise or stopping smoking, research says that those people who **make it 30 days** are 3 times more likely to achieve a lasting change!

My Philosophy

It's truly amazing how so many good things happen when we stay positive.

My philosophy is first, to believe in God, in myself, and always know that all things turn out for our great good when we love the Lord and *believe* they will.

Things may at times look bad only because we do not understand the workings of the universe (God), the power of our minds and the power of belief.

Stay positive, believe in yourself, and dream big goals.

Listener Question

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Ask Terry

Dear Terry:

I am determined to get on an exercise plan this year. I have looked at your information on kettlebells and I am going to try it. What size kettlebell should I use first? I haven't done much exercise until now but I don't want to get something too light that won't be useful in a few weeks, but I also don't want to get something too heavy to start. What is a good beginner's size kettlebell? I'm a 45 year old woman.

Thanks,

R.G. in Madison, WI

Great Foods for Men

(from MSN.com and *Eat this, Not that!*)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

3 men's health concerns

#1 Heart disease – 33% (1 man in 3) of American men have some form of heart disease

- EAT THIS: **salmon** and **walnuts** are full of healthy omega-3 fatty acids that reduce inflammation and improve blood flow to the heart; just 1 oz of walnuts three times a week **cuts the risk of heart disease by 50%**
- **Olive oil**: regular intake reduces risk of heart disease and stroke, as well as cancer; one study found a 30% reduction in risk of heart disease in people who regularly ate olive oil

#2 Sexual health: up to 52% of men experience erectile dysfunction, almost half of them are under age 40

- EAT THIS: **coffee**. Men who drink 2-3 cups per day are **42% less likely to suffer from erectile dysfunction**, according to a recent study; researchers think that caffeine triggers changes in the body that increase blood flow to the penis
- **Pomegranate** contains antioxidants that improve blood flow, and pomegranate juice was shown in a clinical study to reduce the symptoms of erectile dysfunction

#3 Prostate cancer - the second most common cancer for American men (after skin cancer)

- EAT THIS: fatty fish, including **salmon** and **mackerel**, eaten three times a week reduces risk of advanced prostate cancer by 40%
- DON'T EAT processed meats like bacon, hot dogs, sausage – one study found that every 0.3 grams of processed meat (one medium slice of bacon) increases prostate cancer risk by 10%
- Also consider: 1500 IU of vitamin D 3, plus 750 mg of curcumin, grape seed, pomegranate and silybin daily

Vitamin D and Asthma Risk in Children (1 slide)

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Low vitamin D – increased risk of Asthma

- In 1980, asthma prevalence was 3%
- By 2014, asthma prevalence in children had nearly tripled, to 8.4%
- Recent study from Australia finds a potential explanation – Vitamin D deficiency
- Researcher measured vitamin D levels at birth through age 10 years
 - Children low or deficient in vitamin D in their early years had increased risk of asthma, allergy and eczema
 - Babies that were vitamin D deficient at 6 months were also more likely to experience fevers and bacterial infections of the respiratory tract