I can distinctly remember sitting in my 7th grade science class re-writing one sentence over and over again: when I grow up I will be an actress (oh, how I’ve changed). The point of this assignment was to instill in us that if you tell yourself you can accomplish something, you’ll do it. The trick, however, is frequency and positivity.

Positive affirmations are just another way of describing positive self-talk. Often, these serve as daily reminders for why we do what we do. Thus, it is no wonder so many people use these positive affirmations to motivate and inspire them to achieve their goals—whatever they may be. One of my favorite positive affirmations is as follows: “The distance between who I am and who I want to be is separated only by my actions and words.”—Author Unknown.

You may be asking yourself, “why do these positive affirmations work so well?” Do they really shift our mood, motivate us to complete tasks otherwise considered daunting, and increase our performance? The answer: Yes!

A recent study analyzed the level of anxiety, self-confidence, and performance in 77 tennis players. The group who practiced positive self-talk showed an improvement in self-confidence and a reduction of cognitive anxiety. Additionally, this group performed better in their sport than their non positive self talking peers. Popular phrases or words used by these athletes included: “let’s go”, “strong”, “I can”, and “focus”.

So, what’s your favorite positive affirmation? If you have a go to phrase, let me know because I’d love to start including a monthly positive affirmation in our newsletter. If you haven’t practiced positive self talk yet, try it out. Trust me—it works!

~Kellie Walters, M.S.
**Summer Shrimp Salad**

**Ingredients**
- 1/2 lb. large shrimp, peeled and deveined
- 3 cobs corn
- 3 Tbs. mayonnaise
- 1 Tbs. fresh lemon juice
- 1/4 tsp. Old Bay Seasoning
- 8 butter lettuce leaves
- 1/2 lb. tomatoes

**Directions** (Serves 2)
Grill shrimp and corn over medium-hot fire until shrimp is lightly browned and the corn is charred in places (4-5 minutes total). Cut cooled kernels from the cob. In a large bowl, whisk together mayonnaise, lemon juice, and old bay seasoning. Add in the shrimp and corn kernels. Arrange the lettuce and tomatoes on two plates and top with the shrimp salad. Enjoy!

**Calories** | **Sodium** | **Total fat** | **Carbohydrate** | **Saturated fat** | **Dietary fiber** | **Cholesterol** | **Protein**
---|---|---|---|---|---|---|---
390 | 390 mg | 22 g | 34 g | 2.5 g | 5 g | 150 mg | 23 g

**Keep It Small**

People eat more when they're offered larger servings. But is it more food-or bigger plates, bowls, bags, or other containers—that makes the difference?

To find out, Belgian researchers offered 88 college students one of three bowls of M&M’s to snack on as they watched a 22 minute TV show: a small (one-cup) bowl filled with 7 ounces of candy, a large (three-cup) bowl with 7 ounces of candy, or a large (three-cup) bowl filled with 21 ounces of candy. The students ate twice as much candy from the two large bowls (about 2 ounces, or 300 calories’ worth) than they did from the small bowl (about 1 ounce, or 150 calories’ worth).

**What to do:** If your dishes are generously sized and you’re trying to eat less, maybe it’s worth investing in a new set. And keep in mind that you might eat more of the remaining chips or cookies or crackers at the bottom of a large bag than you might from a smaller bag. Also, repackage food from large bags into smaller (preferably reusable) containers. And if you don’t want to eat the entire dish at a restaurant, ask the server to wrap half of it up before it reaches the table.

-Nutrition Action May 2012

---

**Have You Heard Of...?**
A local program called **CanDo** (Coalition for Activity and Nutrition to Defeat Obesity)? The mission of CanDo is to engage community members and organizations in obesity prevention through support, advocacy and education. Log onto www.candoonline.org for more information about the CanDo program and how you can get involved.

“Life isn’t about finding yourself, life is about creating yourself.”
- George Bernard Shaw

---

**Check us out online!**
For more information or to access our newsletter online, please visit the following website:
es.cahs.colostate.edu/af