At a time of year when many are making resolutions I challenge you to try something new this year, don’t expect your resolution to be accomplished in a month. It is easy to make a resolution, but much harder to keep one for the whole year. My encouragement for making a change, do a little at a time. Drastic changes don’t help anyone and often feel like a hassle, so shortly after starting you’ve already stopped. Aim for small steps that allow for minor changes while working on the bigger overall goal. There’s no need to beat yourself up when you haven’t reached the end goal in 30 days, count the small victories to keep yourself motivated. And remember it’s not often the goal that is the problem, but how impatient you are in getting to it that is. Take time this year to do your resolutions right, and you may be a little happier with the outcome!

~Kimberly

The Activity Pyramid —

Here’s a helpful tool to help you plan your physical activity for the week.

Make every minute count. There are 1.440 minutes in every day. Try and schedule at least 30 of them for exercise. The benefits will be worth it!

https://www.wellspan.org/media/3647/activitypyramid-500r.jpg
Another year has come and gone, and so have another round of students. We were grateful to have the help of 10 wonderful students over the Winter Break. Make sure to say hello, and good-bye to those students who came to every session for 13 days! Not to worry, new spring students are right around the corner. The Spring semester starts Tuesday, January 20th.

### Breakfast Burrito

#### Ingredients
- 2 teaspoons canola oil
- 1/2 small red onion, diced
- 1 red bell pepper, seeded and diced
- 1 cup drained, rinsed canned black beans low-sodium
- 1/4 teaspoon chili flakes
- Salt and freshly ground black pepper
- 4 eggs and 4 egg whites
- 1/3 cup shredded pepper Jack cheese
- 4 (10-inch) whole-wheat tortillas (burrito-size)
- 1/4 cup reduced-fat sour cream
- 1/4 cup salsa
- 1 large tomato, seeded and diced
- 1 small avocado, cubed

#### Directions
Heat the canola oil in a large skillet over a medium-high heat. Cook the onions and peppers until tender, about 8 minutes. Add black beans and red pepper flakes, cook until warm. Season with salt and pepper. In a bowl, whisk together all eggs then stir in cheese. Spray skillet with cooking spray, and scramble eggs until cooked. Spread each tortilla with 1 tablespoon of sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Roll up burrito-style and serve.

#### Per Serving
- Calories 460
- Total Fat 20 g (Sat Fat 6 g, Mono Fat 4 g, Poly Fat 1 g)
- Protein 23 g
- Carb 51 g
- Fiber 12 g
- Cholesterol 235 mg
- Sodium 860 mg

### Looking Ahead to the New Year

As we begin a new year there will hopefully be a lot of new additions to the Adult Fitness program to look forward to.

- We are going to continue our relationship with the Kendall Anderson Nutrition Center, and have students come once a month to answer your questions. They’ll even do a short presentation again, so if you have a topic you want covered let us know!
- Look to the February newsletter for an introduction of our spring intern Logan who will be joining us for the whole semester! We’re grateful to have his help, and to see a former student return.
- Fitness Assessments will be offered again with a sign-up made available midway through the semester.
- In an effort to continue sharing the field house space we’ll do our best to work with the track team during practice. There may be some overlap between their time and ours, and vice versa, so make sure to keep an eye out for runners. If you get the chance make sure to cheer on our CSU Rams at their next meet!

“Exercise not only changes your body. It changes your mind, your attitude, and your mood.”
Anonymous