

# NORTH TEXAS PHP NEWS

January 2021, Volume 6, Issue 2

## Heading into the New Year—Hello 2021!

### How to make good New year's resolutions

It's that time again! Time to make our New Year's resolutions for all the things we would like to change in 2021. This year more than ever, we are all looking to turn over a new leaf and make 2021 a better year! (given our 2020, that won't be too hard!)

1) **Set smart goals** - you may get discouraged if you do not accomplish your goals, so we need to make sure they are realistic! Use the SMART goals mnemonic - Specific, Measurable, Achievable, Relevant and Time based - Instead of saying "I will exercise every day", try setting a goal of 30 minutes 3 days a week or even start with 10-15 minutes 3 days a week. We are less frustrated when our goals are achievable. Instead of saying "I will stop eating dessert" it may be more achievable to say you will limit it to 2 days a week.

2) **Commit yourself** - Make yourself accountable to people you don't want to let down. Finding an accountability partner who can help you stay on track is a great help too (and you can help them with their goals!) Write down your goals and talk to your friends and family about them.

3) **Focus on what you can control** - 2021 is still uncertain, so choose goals that will be achievable (probably a good year to avoid goals that include international travel!). If you have been feeling down, make a resolution to do something nice for someone once a week, or reach out to someone that you know has been isolated during the pandemic. People are feeling more isolated and alone than ever before, and we need connection.

4) **Dream big but start small!** Start with small changes - You can build on small changes to ultimately lead up to larger ones. It may be cutting back on servings of processed/package foods, giving up drinks with sugar, or making healthier choices for breakfast 3 days a week. If you are trying to spend less time on your phone, set a goal of reading a book - find one that interests you and set down your phone to read it. If you are trying to eat healthier, add one more serving of veggies a day.

5) **Let go of guilt** - you can always restart, don't feel guilty! Its hard to change habits. If you falter, just catch yourself and try again. Every day is a new day with the potential for change.

6) **Celebrate the wins!** Encourage yourself by pausing to acknowledge success as you get through small steps. Tell a friend or post online as you make small steps towards your goals.

### Where to Start?

If you are looking for a New Year's resolution to improve your health, here are a few suggestions!

- Put down your phone! Try swearing off screens after a certain time each night. Screens can disrupt our sleep. Try for a "no screens in bed" resolution for better rest at night
- Add one more serving of non-starchy vegetables a day to your diet. Baby carrots, cut up peppers, or frozen veggies are easy to have on hand to help with this.
- Try a new recipe once a week! After 9 months of eating more at home, we are all getting tired of our old favorites. Look online for new recipes with some of your favorite ingredients (bonus points if it leaves you with leftovers to freeze for another meal)
- Move a little more! If you are not doing anything regular at all, try to start with walking 10-15 minutes a day. If you are already exercising regularly, try to add another day, a quick walk at different time of day or a short workout for strength or stretching. The "7 minute workout" is available on multiple apps and online. The Johnson and Johnson app version of this lets you lets you customize it to your skill level or choose your own menu of exercises for a short custom workout.
- Cut back on processed food intake. If you are eating fast food on a regular basis, try to cut out one time a week and eat at home. Try to replace a processed snack (like chips) with a whole food like popcorn, fruit or nuts.

## NTPHP is growing!

We would like to welcome our newest members of our NTPHP-Dallas practice: Allison Lander, MD, Troy Neal, MD, and Cherese Wiley, MD. Our three new physicians are all board-certified Internal Medicine physicians with ten plus years of experience each, providing excellent health care to their patients. Their profiles can each be found on our website- [www.ntphp.com](http://www.ntphp.com)- for more information on their backgrounds and care philosophies. They are welcoming new patients and can be reached by contacting our Dallas location at 214-823-4800. Welcome!

# North Texas Preferred Health Partners Locations

Dallas Office  
3417 Gaston Avenue  
Suite 700  
Dallas, Texas 75246  
214-823-4800

Plano Office  
4708 Dexter Drive  
Suite 400  
Plano, Texas 75093  
972-993-5050

Park Cities Office  
8215 Westchester Drive  
Suite 320  
Dallas, Texas 75225  
972-993-5040

Las Colinas Office  
440 West I-635  
Suite 405  
Irving, Texas 75063  
972-993-5080

Frisco Office  
3535 Victory Group Way  
Suite 330  
Frisco, Texas 75034  
972-993-5070

## HEALTHY HABITS

### Tips for Mindful Eating

By: Morgan Moores

#### 1. Eat Slowly

- It takes up to 20min for your stomach to signal to your brain that you are full. Make sure you are taking time to chew your food and you are putting your utensils down between each bite. Spend time taking breaks between bites to enjoy family conversations and learn about each other's day.

#### 2. Avoid Distractions

- Distractions while eating can cause us to not recognize what or how much we are eating, leading to increased hunger. Make sure you sit down at a table as a family and turn off phones, devices and TV.

#### 3. Portion Control

- Make your plate before you start eating. Try to use a smaller plate (e.g. salad plate) to plate your food to decrease your portions and still have a full plate.

#### 4. Appreciate your Food

- Take time to think about what you are putting on your plate and understand how the food will make you feel. Work on having balanced meals that will help you stay full between meals and snacks. Take advantage of the current restaurant closures to enjoy more meals at home and try cooking something healthy and new.

#### Resources for Healthy Food Kits/Meal Delivery:

##### Meal Delivery

- Freshly
- Trifacta
- Fresh n' Lean
- Snap Kitchen
- Local Restaurants: Order a lean protein, vegetable/salad and a whole grain

##### Food Kits

- Hello Fresh
- Green Chef
- Home Chef
- Every Plate

#### 5. Understand Motivations

- Avoid emotional eating and listen to your hunger cues. Check in with yourself before you eat to see if you are eating due to a hunger cue (Ex: decreasing energy) and not due to emotional triggers or boredom. Avoid the stress of tracking your success by the number on the scale and try using food/fitness apps to look back at your progress week to week (e.g.: reducing daily fast food to 1-2x a week of fast food).