



Finding Motivation for a Healthier 2022

BROUGHT TO YOU BY THE REGISTERED DIETITIAN
AT GEORGINA NURSE PRACTITIONER LED CLINIC

It's that time of the year again! A time for a new start, for new lifestyle changes, for a healthier you. If you are someone who struggles with finding and keeping the motivation to stick with your health goals, this is the article for you. These tips will help you find motivation in a new way that will last!

Values vs Goals

Many people often head into the new year with specific goals in mind - to exercise more or to eat a healthier diet. Goals can give us an idea of the final destination of where we are headed, but goals alone will not carry us on the journey there. Our core values are what's important for keeping us motivated and steered toward our goals. Values are what's important to us in life. They affect our decisions and actions every single day, even when the circumstances are difficult. For example, a person might be willing to work a job with very long hours, because it fits into their value of becoming financially independent. To tap into your values, ask yourself why do you want to achieve the goal you have set? If you can figure out your core values, reflecting on this regularly can help you stay motivated towards your goal.

Internal vs External Motivation

Be aware of how different sources of motivation affect us differently. External motivation, which is the type most commonly relied on, is often focused around outcomes (ie. to fit into that dress) and imposed on us by society or others (ie. following the latest diet trend). It usually is not

based on our own values and therefore not as effective at keeping us motivated over a long period of time. Internal motivation, on the other hand, is rooted in our values and helps us to focus on the present and enjoy the process. For example, choosing to eat a salad to enjoy its freshness and taste. The bottom line: look for ways to move toward your goals that bring you enjoyment and satisfaction.

Will Power vs Skill Power

Many make the mistake of believing that they are lacking will power when it comes to staying motivated and making healthy lifestyle changes. The reality is that hormones and chemicals in our brain and body play a huge role in our eating behaviours. Our hunger, appetite and cravings are all complex biological systems beyond what simple will power can fight against. Instead of relying on will power to change, learn skills to help you support your health. For example, learn how to manage stress and emotional eating rather than just telling yourself to avoid that bag of chips. Learning skills will help you set more realistic goals and expectations, increase motivation levels and your chance of success.

Sources: (1) Hamilton FHT Mindful Eating Program Manual, (2) Macklin Method Values Module



Slow Cooker Steel Cut Oatmeal (3 Ways)

8 SERVINGS

Base Ingredients:

2 cups Steel cut oats
7 cups Water

Basic Cinnamon Oatmeal:

1 tbsp Cinnamon
Optional toppings: sliced banana, berries, almonds, walnuts, brown sugar, maple syrup

Pumpkin Oatmeal:

1 1/2 cups Canned pumpkin puree
1 tbsp Pumpkin pie spice or cinnamon
Optional toppings: chopped pecans, pumpkin seeds, raisins, brown sugar

Apple Cinnamon Oatmeal:

2 Apples, peeled, cored and chopped
1 tbsp Cinnamon
Optional toppings: raisins, dried cranberries, walnuts, pecans, brown sugar, maple syrup

Directions:

1. Combine oats and other ingredients in a slow cooker and stir until combined
2. Cook on low for 7-8 hours.
3. Stir once and serve warm with toppings of your choice.

Nutrition Tip: Choose toppings that contain protein and healthy fats to increase fullness and improve blood sugar balance. These toppings include nuts of any kind, pumpkin or sunflower seeds, hemp hearts, or even peanut butter!

Sources:

1. Recipe from Guelph Family Health Study's Family Friendly Recipes
2. Photo by Eat Kubba from Pexels