

About this time of year we start to see and hear countdowns to the New Year. In order to set goals for a new year, we must review the last year.

January – New Year’s Resolution/Goal Setting: A goal is accomplished in baby steps. Write down your goals, make specific goals, limit yourself to a few goals, post reminders, and take active steps to accomplish your goals. Accomplishments don’t just happen; they take focus and determination.

February – Let’s Go to the Grocery: Having healthy foods on hand starts with grocery shopping. Review this newsletter for tips on grocery shopping.

March – National Nutrition Month: The topic changes annually for National Nutrition Month, in 2017 the theme was *“Put Your Best Fork Forward”*. The goal was to remind everyone we are all in control of our own food choices.

April – What is...: This newsletter reviewed definitions of common nutrition terms we hear every day.

May – Snack Time: Be sure to keep healthy snacks at home and have healthy snacks at swim meets. Healthy snacking takes planning.

June – Louisiana Seafood: We should be enjoying the benefits of our local seafood industry. Healthy protein doesn’t have to just be boring chicken.

July – State of Mind: State swim meet can be stressful. Don’t let your nutrition add to the stress.

August/September – “Teach Your Children Well”: Parents, you must lead by example to encourage healthy eating in your child athlete.

October – Sugar: While our athletes need carbohydrates, they do not need sugar to fuel their workouts.

November – Modification: This has become my annual holiday nutrition newsletter. Oh, the holidays can put a damper on a good nutrition plan. However, with some modifications you can maintain a healthy lifestyle during the holidays.

December – Looking Back: I hope you learned something new this past year.

All of these articles can be found on the website under the “Newsletters” tab. Take time to review your nutrition from 2017. Did you try any of the monthly challenges? Are there any topics you’d like me to discuss in 2018? What do you hope to do differently in 2017?

Monthly challenge:

Teenage Athlete – Go back and re-read or read, for the first time, the newsletters. ;)

Parents – Review your family’s nutritional habits from 2017 and decide what you’d like to do differently in 2018.