



# KIRKLAND COMMUNITY FITNESS

JANUARY 2022



Big THANK YOU for everyone helped us raise over \$10,000 for Attain Housing this December! I am so PROUD of us!!

## Welcome New Members

Brian  
Ellie  
Gail  
Marcelo  
Samantha  
Santiago

## THREE TIPS FOR CREATING MEANINGFUL NEW YEAR GOALS THAT YOU CAN ACTUALLY ACHIEVE!

The new year is a great time to reflect back and see what we have accomplished and also evaluate what we'd like to improve or change in the new year. What happens with most of us though is we set goals at the beginning of every year only to forget about them after a few months and never accomplish what we desired. Today I am sharing some ways that you can set some realistic goals and create habits that last and actually help you achieve whatever it is that you want!

### SET SIMPLE HABITS THAT WILL BE THE STEPPING STONES FOR YOUR BIGGER GOALS

Think about the things you would like to accomplish for 2022 or the person you would like to be. Then think about the things you have to do every day to get there. If you have big things you'd like to achieve, remember it is the little things you will do daily or weekly that matter at the end of the year. Start by setting specific habits that will help add up to accomplishing your biggest goals!

## CREATE HABITS THAT STICK

Now it is time to talk about how to turn those action steps into habits that stick so you can reach your big goals by the end of the year. Tip one is to make your habits fun and easy to accomplish so that you will be able to stay consistent in the long run and enjoy the process along the way. Tip two is to make it hard **not** to stick to your habit. For example, say you have a goal to eat less processed foods and more whole foods and vegetables. Make it easy to eat healthy food by meal prepping your own meal and always having whole food snacks easily accessible. Make it hard to eat processed foods by not evening having them in the house! Another great way to create habits that stick is to do them with someone else! Maybe planning to meal prep with a friend or partner instead of going out to dinner. Having a friend with the same goals can provide accountability, support and make it a lot more fun!

## BE GENTLE WITH YOURSELF, EVERY DAY IS A NEW DAY

Each person is on their own journey and so everyone's goals and habits will look different. Remember not to compare yourself to other people. As you travel through the different seasons of life, be gentle with yourself even if you feel like you "messed up." Aim for consistency with your habits, not perfection. And most importantly, enjoy the process of transforming into a healthier and happier version of yourself.

Are you looking for some guidance with your nutrition or need a jumpstart with reaching your health goals this year? Ashley Rusk offers **free** one on one consultations to anyone looking to improve their nutrition and overall health. She is a holistic nutrition coach who helps people optimize their gut health and find food clarity so they can decrease bloating and digestive distress, raise energy levels, achieve ideal body composition, and create lifelong healthy habits. To schedule a free consultation with Ashley send her an email at [adventurewithashleyr@gmail.com](mailto:adventurewithashleyr@gmail.com).

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## HEARTY CORNISH HEN SOUP

The cold, rainy days of January make me want to snuggle up with a warm bowl of soup every single night. This recipe is great because it's full of lean protein from the cornish hen and collagen from bone broth. The root veggies in this soup also make it so hearty and filling, and pack this dish full of fiber. This is also an easy fast recipe to meal prep at the beginning of the week and reheat for dinners every night!

### INGREDIENTS

- 2 small Cornish hens (or 1 medium chicken)
- 4 medium parsnips
- 2 medium turnips
- 1 large rutabaga
- 4 medium yellow squash
- 1 tablespoon salt
- one bunch of fresh parsley
- 4 cups chicken bone broth

### INSTRUCTIONS

1. Chop all your veggies and parsley.
2. Add veggies, parsley, salt, bone broth, and Cornish hen into insta-pot and cook for 30 minutes.
3. Serve and savor.

Makes 6-8 bowls of soup