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Can You Burn More Calories Working Out in the Cold?



Winter is coming, like it or not. For your workouts, the cold weather outside is actually a good thing!

You actually stand to reap a major benefit by working out in the cold, or by switching up your routine to include some winter sports like skiing and hockey.

While research on the subject is varied, experts say you actually burn more calories when you work out in the cold.

YES, BUT WHY?

Your body has to work harder to increase body temperature, thus you burn more calories. This will up the rate of your metabolism because your body is working harder.

There is clinical evidence that freezing temperatures help you burn more fat as part of your workout as well!

A No-Fail Approach to Resolutions

The holiday season now seems to stretch from Halloween to New Year's. That means months of overeating, inactivity, and weight gain. Why not resolve to make a change *now* and make it reasonable?



Whether you're hoping to improve your eating habits or start exercising regularly, getting a head start on your goal can make it realistic and achievable.

Resolutions Rarely Work

Nearly half of Canadians make a New Year's resolution, but only 9% report feeling successful achieving it. Of those, 76% are weight-related, and the drop off for follow through is staggering- more than 40% of resolutions are broken after January 31st.

Find a Partner in Crime

Have someone in your corner that will hold you accountable- since half of resolution setters drop off the radar after 2 months, you need someone that is serious about being on board with you.

Make a Realistic Goal

Make your resolution a simple but specific goal- don't buy into the hype and plan a sweeping life change, as that is less likely to be achieved. Instead, pick a goal that's actually right for you and write it down somewhere you will see it regularly!



Did You Hear? In Motion is offering some great New Services in 2018!



Shockwave Therapy

A safe, non-invasive method of treatment for soft tissue injuries ranging from rotator cuff disease to plantar fasciitis.



Cupping Therapy

An ancient form of soft tissue therapy that uses cups to create suction in the treatment of pain and inflammation, and to induce relaxation and well-being.

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Leftover Turkey White Bean Chili



The cold weather calls for warm, hearty dishes and what's better than a classic chili with a turkey twist?

Ingredients

- 2 Tbsp vegetable oil
- 2 carrots, peeled, coarsely grated (1 1/2 cups)
- 1/2 onion, finely diced
- 1 1/2 cup tomato sauce
- 3 cups chicken stock
- 3 cups leftover roast turkey, cut into bite-sized pieces
- 2 cans white kidney beans, drained and rinsed
- 1 tsp chili powder
- 1/2 tsp paprika
- 1/2 tsp dried parsley (or 2 tsp chopped fresh)
- 1/4 tsp cumin
- salt and pepper to taste

Directions

1. Add oil to a large heavy pot and cook carrot and onion until soft
2. Stir in tomato sauce, and cook about 5 minutes
3. Stir in chicken stock, then mix in the remaining ingredients. Bring to a simmer
4. Season to taste with salt and pepper

Read more at <http://www.foodnetwork.ca/recipe/leftover-holiday-turkey-white-bean-chili/11485/#OxAIFBhfhbFkjSts.99>