

LiveFit News

RivalReminder



Submit your entries for the Quarter 1 Exercise to LiveFit challenge for your chance to win and reveal hidden instruction to our new #RivalWeekly100 challenge!

Upcoming Platform
Walkthrough Webinars

2/1 @ 1:00 PM - 1:30 PM EST
2/17 @ 1:00 PM - 1:30 PM EST
2/28 @ 1:00 PM - 1:30 PM EST

Click on the date to register!



Small Changes Make A Great Year

Although New Year's resolutions are typically short lived, it can be a good time of the year to refresh and renew. You could consider January as a clean slate. A new opportunity. A time to change your mindset.

How would you like this year to be different from last?

Change doesn't come without a plan of action. It's not enough just to say it. Although, it would be nice if it worked that way! But, would it really mean that much if you didn't have to work for it?

Change can be hard. It can feel over whelming and sometimes plain old impossible. The key is to have a north star and start with baby steps. For instance, if you would like to get in shape in 2017 but you haven't been exercising at all, deciding you want to work out 5 days a week is probably not going to work. You will quickly feel over whelmed (and probably quite sore), decide it is too hard- and potentially give up.

A better way to get in shape would be to find an exercise buddy and commit to getting together just 2 or 3 times per week. Stick with this until it feels like your norm, then add another day.

Change also requires patients. It important to give yourself grace when you revert back to your old ways. Studies show that it takes 7 attempts at quitting smoking before most people are successful. This applies to many difficult changes. The key is, if you revert, don't beat yourself up over it. Simply acknowledge it, put it behind you, and move on.

Coaches Tip

For your first small change try incorporating more water into your day and less sugary beverages such as soda and juice. The RivalHealth Coaches like to spice it up with carbonated water on occasion. Their favorite is La Croix.

Check it out here!

Alyssa's Alternatives



Spicy Asian Zoodle Soup

Ingredients:

6 cups Chicken Broth
1 lb Ground Chicken
2 Medium Zucchini (Spiralized)
2 Green Onions
2 Limes
Half Bunch of Cilantro
1 carton of Mushrooms
1 tsp freshly ground Ginger
3 Garlic Cloves
2 tbsp Soy Sauce
Sriracha to taste
Salt & Pepper to taste

Directions:

Saute' garlic in a pan with olive oil until translucent. Add mushrooms and Saute' until cooked (about 3 mins). Add ground chicken, breaking up until cooked through. Add chicken broth, ginger, lime juice, soy sauce, sriracha and let simmer for 20 mins. Add spiralized zucchini, green onion and cilantro. Let cook for 5-7 minutes. Salt & pepper to taste.

The old adage, "try and try again" is still on point.

Your RivalHealth family wants 2017 to be your healthiest year ever. Remember you have daily workouts and recipe suggestions emailed to you every day in hopes to make your changes a little bit easier!



Small Changes Make A Great Year

It is time for New Year Resolutions, in other words "goal setting"! Setting goals can be challenging. On one hand you want to be proud of your BHAG (big hairy audacious goal) and on the other hand you don't want to make your goal(s) unrealistic. Follow these SMART tips to guide your fitness goals for 2017!

Specific: Establish clear and easy to understand goals.

Measurable: Quantify your goal rather than a general weight loss goal. "I am going to lose 10 pounds" is specific and measurable. "I am going to lose weight" is measurable but not specific.

Attainable: Goals should be reachable. There is satisfaction in hitting your goal(s) and if they are not attainable "you can't get no satisfaction" in the words of the Rolling Stones.

Relevant: If your goal is not relevant to you it will be the first thing to go when the going gets tough.

Time: Parkinson's Law states that "work expands so as to fill the time available for its completion". Your goals are something you are working towards so make sure to give yourself an end point. "I am going to lose 10 pounds by March 31 of 2017". If you have a BHAG that is an all year goal, break it down into quarterly or monthly increments.

