

# Start Living Well in 2015

If you already feel the weight of your New Year's resolution, how about trying something a bit more sustainable? Simply consider experimenting with one new idea each month that would support your overall health and well being. Need some ideas? Here's just a few to prompt your own creativity:



## Be...

...kind to yourself and start out each day attending to your own needs so you can be more available to others.

...your authentic self, anything else drains your energy and leads you off the path you were born to follow.

...present so you don't miss the gift of the moment while you are planning tomorrow.

## Find...

...a new place or two to experience nature. Austin is bursting with opportunities to be out of doors right in our city limits and there are countless more once you leave town. Check out this guide to Texas State Parks and this recreation guide by the Lower Colorado River Authority.

...a restaurant or two that you enjoy AND can eat healthy. Here are three of my go to favorites: Koriente, The Steeping Room, Counter Culture. Each will go out of their way to help you stay gluten and dairy free.

...a like minded colleague who shares your desire to lead a healthier lifestyle as a walking and/or sack lunch buddy.

## Try...

...a new weekly exercise class whether its yoga, pilates or

cross-fit that will provide you with a like-minded community to support your commitment.

...cooking at home 5 nights out of 7. Here's why Mark Bittman says this may be the most radical step you can take.

...to experiment with a new recipe a week to add to your repertoire. I love perusing Pinterest with tags for plant based or gluten free + dairy free meals or for the vegetable I decide to feature.