

January 2012

2012 resolution:

'I want a new attitude!'

WE ALL LOVE a New Year. It's a symbol of a new beginning, or a time to say goodbye to old habits. Setting a new goal each year is the most important step to a healthy, productive and happy life.

Having a goal is like having direction or a plan. However, some people refuse to set a goal, or they lose interest, which makes it more likely that they will fail. Here are the top five helpful tools for a lasting change:

Old attitude: Think you can change everything overnight. This attitude dooms you to failure.

New attitude: Make a realistic short-term goal and recommit yourself to it daily.

Old attitude: Think you can copy trendy diets.

New attitude: Make your own diet plan based on your lifestyle and food choices. Keep in mind it's all about "calorie in, calorie out" and healthy choices.

Old attitude: Think exercise is about vanity.

New attitude: Make health the main reason for exercise.

Old attitude: Think of exercise as a punishment, or painful.

New attitude: Make exercise a break from a stressful day to boost both your energy and mood.

Old attitude: Convince yourself that you can rely solely on willpower, and that your efforts are for short-term success.

New attitude: **Be disciplined. We fail because we quit.**

Discipline is sexy. Always set a goal with a new attitude or plan to continue to participate in your favorite sports activity, whether its running, biking or weight training, in 2012.

With exercise, it is possible to retain your brain powers, muscle mass, running speed and waistline, even as we age.

Congratulations to proud new parents, Roya and Todd, who welcomed Luciana Rose (5 lbs, 11 oz) into their family on November 22.



2011 Celebrity Biggest Loser:

Kirstie Alley

At age 60, the actress lost an impressive 100 pounds

Last year was the fitness year in Hollywood. Among the notables who lost weight in 2011 were Mariah Carey, Janet Jackson, Snooki, Jennifer Hudson, Jonah Hill, Ricki Lake, Demi Moore, LeAnn Rimes, Seth Rogen, Chaz Bono, Jordan Sparks, Christina Aguilera and -- of course -- Kate, the Duchess of Cambridge.

But Kirstie Alley got our attention the most. "Fat Actress" no more, Alley shed 100 pounds last summer.

"When I hit that mark, I went, 'That's it!'" Alley told People magazine. "I have more energy now than I've ever had in my whole life."

While Alley's weight has fluctuated in recent years, the actress, now 60, hit a wall two years ago at 230 pounds. "My body had gotten really weak," she said.

By dancing daily after her appearance on Dancing with the Stars, where she came in second, changing to an organic diet and following Organic Liaison, her own weight-loss program, she's turned her life around for the better.

"There was nothing positive about being fat," says the star, now a proud size 4 and 130 pounds. "Now I feel I'm back to normal. I have my game again."

Alley is proud to show off her new body and even prouder that she did it without the help of surgery.

"I haven't had plastic surgery, but here's the reason: People do plastic surgery to make you look younger," she told ET. "I don't think it makes you look younger. It can make you look weird."



BUZZ:

Did you know that Angelina Jolie refuses to eat because poor people can't? Angelina Jolie is shedding pounds like a madwoman but, unlike many anorexic celebrities, it has nothing to do with vanity. It's all about making a political statement, according to a new tabloid report.