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# Wellness *Resolutions* for 2012

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It's that time of year, when we make promises to ourselves that we secretly suspect we won't keep. But in the spirit of optimism, year after year, most of us keep trying. Change may not happen all at once, but the most important thing is to get started. Years back, Golden Door Spa imported a philosophy from Japan known as *kaizen*. Loosely translated, it means "baby steps of change" — a great way to approach your New Year's resolutions. With that in mind, here are our top 10 wellness resolutions for 2012. Try them all, or just pick one you know you can do and stick with it — because little things can add up to big changes in the way we look and feel.

6 7 8 9 10



**I WILL LEARN TO LOVE TEA.** Ashley Koff, registered dietitian and author of *Mom Energy: A Simple Plan to Live Fully Charged*, says: "Tea is a great way to improve your health. Benefits include fat burning (especially green and oolong), mild appetite suppression and plentiful antioxidants (green and rooibos are loaded with vitamin C)." And if your stomach needs soothing, herbal teas like ginger or chamomile will do the trick. For those who are sensitive to caffeine, Koff advises to go with less-caffeinated versions like white tea. But even hard-core coffee drinkers have a good reason to switch it up and add tea into the mix. "Tea is not as acidic as coffee, so that makes it a good exchange," says Koff. If you prefer a strong, bracing cup of joe, Koff recommends Pu-erh and oolong teas, the tea lover's equivalent to espresso.

