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## Healthy New Year!

Houston nutritionist and registered dietitian Carol Lapin,  
has Five Steps to a Lifetime of Good Health.

New Years' resolutions for a healthy body weight and fitness are achievable.  
No short cuts or quick fixes—slow and steady wins the race.

1. **Be honest with yourself about your diet.** Keep a log of what you eat and drink for one week. Find out what you should eat based on your height, weight and age at the USDA's web site [www.mypyramid.gov](http://www.mypyramid.gov). To analyze your calorie count and nutrients, visit [www.fitday.com](http://www.fitday.com).
2. **Fruits, vegetables and whole grains should dominate your plate.** Eat fish, legumes and lean meats for protein.
3. **Go to the grocery store twice a week to stock up.** Let fresh foods be your first choice. Ditch the fast food drive-through and eat at home.
4. **Learn to "snack healthy."** For the munchies, reach for nuts, low-fat yogurt, fruit or raw vegetables. Nuts, such as pistachios, provide healthy fats and valuable nutrients. Limit it to a handful.
5. **Exercise (power walking, biking, elliptical) for an hour every day.** This can be broken up into 10 -15 minute segments to make it more doable. You will burn calories and reduce stress.

Diets don't work; lifestyle changes do. The goal is to be healthy for a lifetime! Call Carol to kick start your healthy 2010.

Carol Lapin, Registered, Licensed Dietitian and Certified Sports Specialist in Dietetics  
[www.cslnutritionalservices.com](http://www.cslnutritionalservices.com).

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## WONDERLAND at The Alley

We've been told **WONDERLAND** is nothing short of *wonderful*. The musical is being co-produced by The Alley and will make it's premiere in Houston on January 15th. According to the Alley's web site, "The new production tells the story of Alice, a children's book writer in Manhattan who is suffering through a creative block, estranged from her husband and alienated from her daughter. It takes a trip to a strange-yet-familiar Wonderland for her to regain her life's balance and again find the love and everyday magic that reside in us all – if we know how to look." Recommended for general audiences. Previews start January 15th. Show opens January 20th and ends on February 14th.

**The Alley Theatre**

[www.alleytheatre.org](http://www.alleytheatre.org)

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# Boxing Day

## *Ornament Organizer and Storage Box*

This heavy duty plastic wing-lid ornament storage box can store and protect up to 75 holiday ornaments. Inside, there are three layers of corrugated dividers. The box is stackable for compact storage of a large collection of ornaments in a garage or closet. Make decorating a little easier next year by getting organized this year. Available at The Container Store. \$18

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