

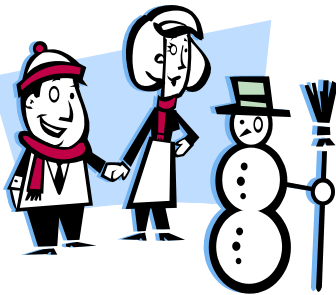


# JRD Newsletter

## January 2018

### SPECIAL POINTS OF INTEREST:

- Closed New Year's Day!!!
- Obstacle Course Class 6X this month!!!
- T/TH Evening Zumba is back



*Trying a new gym can be intimidating to someone who has never attended a class there or tried out the equipment. There are standard terms used across the fitness industry, but each gym will likely have its own lingo.*

*The list below includes lingo commonly heard in fitness facilities, along with definitions. The more you know, the more likely you will go!*

## GYM LINGO

### ACRONYMS

**AMRAP:** As many reps/rounds as possible in a given time.

**EMOM:** Every minute, on the minute. A set number of reps are performed at the start of every minute.

**HIIT:** High-intensity interval training. Short, intense work periods provide improved athletic capacity and metabolism.

**TRX®:** Total Body Resistance Exercise. Refers to yellow and black straps you might see anchored to the wall or a rack used for bodyweight and suspension training.

**BOSU®:** Both sides up. The BOSU® is a half sphere. One side is flat and rigid, and the other side is a pliable ball. BOSU® is often used for balance or core training. Note: BOSU®

recommends standing only on the dome side of the equipment.

**DOMS:** Delayed onset muscle soreness. Discomfort and stiffness experienced in the muscles hours or days after performing an exercise with unaccustomed loads or movements. Many people experience the effects of DOMS

1-3 days after exercise.

**BMR:** Basal metabolic rate. The amount of energy expended while at rest in order to perform biological functions. In general, the more muscle mass one has, the higher the BMR.

**BMI:** Body mass index. BMI is a person's weight in

kilograms (kg) divided by his or her height in meters, squared. BMI should be used in conjunction with other measurements for best results.

**WOD:** Workout of the day

## METHODS

**Lifting weights:** General resistance training with a variety of exercises and equipment. This is what most people do for strength training in the gym.

**Functional training:** Compound or multi-joint exercises or movements used to prepare the body for everyday life.

**Group fitness:** Mode specific, often choreographed classes such as indoor cycling (Spinning), Zumba, Pilates Yoga, boot camp, TRX, CrossFit or group strength training, where the instructor leads by demonstrating exercises.

**Group or personal training:** Smaller, semi-private group in which the trainer leads by coaching.

**Circuit:** Performing a series of exercises, moving from one exercise to the next with little or no rest.

**Super set:** Two exercises performed in alternating fashion.

**Intervals:** A set amount of time in work, followed by a set amount of time in rest.

**Tabata:** A method of inter-

val training invented by Dr. Izumi Tabata. Eight rounds of 20-second, high intensity work intervals, followed by 10 seconds of rest.

## EQUIPMENT AND OTHER TERMS

**Kettlebell:** Cast iron weight equipment in the shape of a bell. Used for swings, lifts and carries.



**Medicine ball:** Firm, weighted ball often used for throwing and catching with resistance. Not designed for slamming on the ground.



There are pliable balls called slam balls made specifically for slamming.

**Selectorized machines:** Weight machines where you can easily select a weight by in-



serting a pin in the weight stack. These machines are sometimes called circuit machines.

**Free weights:** Dumbbells or other equipment used freely or without the guidance of a machine or cable.



**Collar:** The attachment that secures plate weights on a barbell, so the



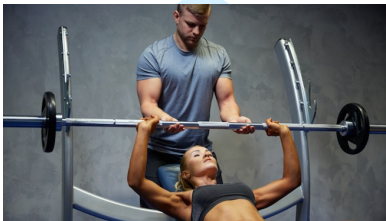
weight doesn't slip off.

**Foam roller:** A long, cylinder made of foam used for soft tissue massage (which is often called myofascial release).





**Elliptical:** Cardio machines that create a range of motion that follows an elliptical pattern, reducing impact to joints.



**Spot:** Watching and/or assisting someone as they perform a loaded exercise to minimize risk.

**Rep:** One complete motion of an exercise.

**Set:** A group of consecutive repetitions.

**Core:** The central most part of the body. In fitness, it means the area between the legs and arms. Core training often focuses on training the abdominals, but can also include back, hip and shoulder training.

These words are a short sampling of the many phrases used in the fitness culture. Each gym will have its own subculture and language specific to its niche, location and membership. The fitness culture continues to

evolve. If there is a word, phrase or acronym that you don't know or don't understand, ask a trainer or the person at the front desk.

## 2018 Year Specials

10% OFF Any One-Year

Membership  
(Automatic Withdrawal Payments)

**OR**

15% Off Any One-Year Membership  
If Paid in Full

## 2018 New Years Membership Specials

(Available for purchase Dec. 15 - Jan. 15, 2018)

### 3 Month Special

Valid January 1st through March 31st

#### Basic Silver Membership

	In-District	Out-of-District
Adult	\$ 53.00	\$ 63.60
Couples	\$ 81.00	\$ 91.00
Youth (13-17)	\$ 31.80	\$ 42.40
Family	\$ 106.00	\$ 137.80
Senior Cit. (55 & up)	\$ 31.80	\$ 42.40



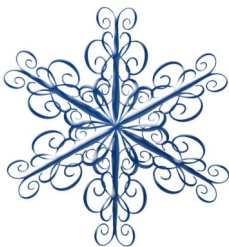
# JEROME RECREATION DISTRICT

(Class schedule for Jan. 1st-31st)

# J A N U A R Y C L A S S E



Class	Days	Time	Fee	Instructor
EARLY SPINNING Min. 5 Max. 15	M,W,F	5:30 am-6:10 am	\$20 in-district \$30 out-of-district	Paula
Saturday Spinning Min. 5 Max. 15	S	8:00am-8:40am	\$8 in-district \$18 out-of-district	Paula
EVENING SPINNING Min. 5 Max. 15	T,TH	5:30 pm-6:15pm	\$15 in-district \$25 out-of-district	Paula
BOOT CAMP Min. 5 Max. 25	M, T,W, ,F	5:30 am-6:15am	\$20 in-district \$30 out-of-district	Amy
Boot Camp Min. 5 Max 25	M,T,W TH,F	8:15am –9:00am	\$35 in-district \$45 out-of-district	Amy
YOGA Min. 5 Max. 25	T,TH	8:30 am-9:45 am	\$25 in-district \$35 out-of-district	SueLin
Yoga Min. 5 Max 25	F	7:00pm-7:45pm	\$8.00 in-district \$18.00 out-of-district	Sandra
PILATES Min. 5 Max. 25	M, W, F	8:15 am-9:00 am	\$20 in-district \$30 out-of-district	Annie
ZUMBA (MORNING) Min. 5 Max. 25	M,W,F	9:05 am-9:50 am	\$20 in-district \$30 out-of-district	Carmen
EVENING ZUMBA Min. 5 Max. 25	M,W	6:15 pm-7:00 pm	\$15 in-district \$25 out-of-district	Trisha
EVENING ZUMBA Min. 5 Max. 25	T, TH	6:15 pm-7:00 pm	\$15 in-district \$25 out-of-district	Katie
MORNING TRX Min. 5 Max. 15	T,TH	5:30 am-6:15 am	\$15 in-district \$25 out-of-district	Clover
EVENING TRX MIN. 5 MAX. 15	M,W	5:30 pm-6:15 pm	\$15 in-district \$25 out-of-district	Clover
Home School PE	W,F	2:00pm-3:00pm	\$12 in/\$22 out child \$30 in/\$40 out family	Ruth Ann Jaime
Kids Fitness	M, TH	5:30pm-6:10pm	\$12 in district \$22 out of district	Kirsten



Walk-in to the above classes for a \$3 fee.  
\$5 per class for Cross-Fit  
All walk-ins are on a first come, first serve basis.

**BUSINESS HOURS**  
**Mon – Fri** 5am – 9pm  
**Saturday** 7am – 7pm  
**Sunday** 10am – 4pm  
 Call-324-3389

**CrossFit Schedule**

Mon/Fri	5:30 am - 6:15 am	\$25/\$35 per month
Mon/Tues/Wed/Fri	6:15 am - 7:00 am	\$50/\$60 per month
Tues/Thurs	5:30 am - 6:15 am	\$25/\$35 per month
Mon/Tues/Thurs	7:00 pm-7:45 pm	\$35/\$45 per month
Saturdays	7:00 am	\$5 per class

If you are more than 5 minutes late to any CrossFit class, you will **NOT** be allowed in the class. This is for your own safety, and the classes schedule.

# January Obstacle Course class schedule!

Wednesday, Jan. 3rd at 7 pm

Saturday, Jan. 6th at 8 am

Wednesday, Jan. 10th at 7 pm

Saturday, Jan. 13th at 8 am

Wednesday, Jan. 17th at 7 pm

Wednesday, Jan. 31st at 7 pm

**COST: \$3 A CLASS OR FREE WITH MEMBERSHIP UPGRADE**  
**INSTRUCTOR: DARIN HARRISON**



**Beginners to  
advanced  
participants  
welcome!**

An **obstacle course** is a series of challenging physical obstacles an individual or team must navigate usually while being timed. **Obstacle courses** can include running, climbing, jumping, crawling, swimming, and balancing elements with the aim of testing speed and endurance. Sometimes a course involves mental tests. Come out and try an obstacle course class and you will be on your way to competing in Spartan like races if you choose to do so. Even if you don't do any obstacle course events, you will still enjoy it and get an excellent full body workout.

# Coming in April to the JRD “K-12 Bird Sleuth programs”

## ***Afterschool Investigators: Nature Detectives, you will...***

- Get kids active and motivated for fun and easy activities that will teach them about science and the environment.
- Easily tailor activities for different group sizes or ability levels (most activities have extensions and suggested adaptations).
- Learn in your outdoor environment, no matter what kind of environment it is!
- Delegate responsibilities to children and inspire a sense of ownership and leadership.
- Incorporate science and nature into daily life.
- Use discussion and collaboration to practice and reinforce literacy and social development.

## ***Nature Detectives helps build essential skills in areas such as:***

- **Science process:** questioning, observing, collecting and graphing data, making predictions, and critical thinking
- **Interpersonal communication:** collaborating in groups, sharing thoughts and perspectives, defending ideas and opinions
- **Creativity:** sketching, designing, building

## ***Nature Detectives provides fun and exciting games and hands-on activities about these science concepts:***

- Habitat
- Food webs
- Bird diversity and adaptations
- Life cycles

**Date:** April 3<sup>rd</sup> -19<sup>th</sup>, 2018

**Days:** Tues/Thurs

**Time:** 5:30pm-6:15pm

**Ages-** 3<sup>rd</sup> grade-6<sup>th</sup> grade

**Cost:** \$15 (Class size limited to 10)

**Location:** Jerome Rec District



# Can Smiling While Exercising Improve Performance?

Many athletes have been told that smiling while sweating will make our efforts feel easier. In May, Eliud Kipchoge, the Kenyan marathon runner, periodically grinned through the final miles of his fastest-ever marathon, which he completed in 2 hours 25 seconds; afterward, he said that he had hoped that the smiling would ease him to the finish line. But there has been little solid scientific evidence to support this idea. Several past studies have examined whether deliberately smiling can alter how people feel psychologically during races, but few have looked at the physiological impact on sports performance.



For a new study published in September in *Psychology of Sport and Exercise*, researchers from Ulster University in Northern Ireland and Swansea University in Wales decided to gather a group of experienced recreational runners and have them alternately grin and grimace as they ran. The 24 volunteers, men and women, were not aware of the study's purpose: They were told that the experiment would look at a variety of factors related to "running economy," a measure of how much oxygen you use to stride at a given speed.

First, the researchers tested the volunteers' usual running economy by having them don a facial mask to measure their respiration and then run on a treadmill until they were exhausted. As they ran, the scientists asked them to rate how they felt and describe what strategies they were using to keep going, such as ignoring their bodies' discomfort or tuning in to it.

The key may be to grin sincerely near a race's end, but in 30-second bursts, rather than continuously.

Then, on a separate lab visit, each volunteer completed a series of four six-minute runs, during which they were assigned four approaches: to smile continuously but sincerely, to frown, to relax their upper body by imagining they gently held a potato chip between loose fingers or, as a control, to use their normal get-me-through-this-run mental techniques.

There were variations in the results. A few runners were most economical when they frowned; the researchers speculate that their grimaces, like ferocious "game faces," increased their determination to outdo their normal performance. But the runners turned out to be most economical when they smiled. As a group, their economy then was as much as 2.78 percent more efficient than during the other runs, a meaningful difference in competitions.

Smiling probably aided economy by prompting a "reduction in muscular tension," says Noel Brick, a lecturer in sport and exercise psychology at Ulster University, who led the study.

Many of the runners found it difficult to smile throughout the six-minute session, though: Their grins became increasingly fixed and unnatural. Such false smiles activate fewer facial muscles than the sincere version, Brick said, and most likely result in less relaxation and performance enhancements. So the key to using a happy smile to make you a better runner, he says, may be to grin sincerely and often near a race's end, but in 30-second bursts, rather than continuously. "This is what Eliud Kipchoge seems to do," Brick said.



# VEGGISTRONE

## INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions (2 medium)
- 2 cups chopped celery (4 medium stalks)
- 1 cup chopped green bell pepper (1 medium)
- 4 cloves garlic, minced
- 3 cups chopped cabbage
- 3 cups chopped cauliflower (about ½ medium)
- 2 cups chopped carrots (4 medium)
- 2 cups green beans, cut into 1-inch pieces, or frozen, thawed
- 8 cups low-sodium vegetable broth or chicken broth
- 2 cups water
- 1 15-ounce can tomato sauce
- 1 14-ounce can diced tomatoes
- 1 15-ounce can kidney or pinto beans, rinsed
- 1 bay leaf
- 4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed
- ½ cup thinly sliced fresh basil
- 10 tablespoons freshly grated Parmesan cheese

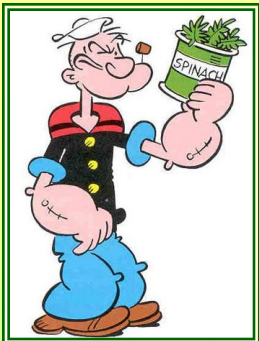


## DIRECTIONS

Heat oil in a large soup pot or Dutch oven (8-quart or larger) over medium heat. Add onions, celery, bell pepper and garlic; cook, stirring frequently, until softened, 13 to 15 minutes. Add cabbage, cauliflower, carrots and green beans; cook, stirring occasionally, until slightly softened, about 10 minutes more.

Add broth, water, tomato sauce, tomatoes, beans and bay leaf; cover and bring to a boil. Reduce heat and simmer, partially covered, until the vegetables are tender, 20 to 25 minutes. Stir in spinach and simmer for 10 minutes more.

Discard the bay leaf. Stir in basil. Top each portion with 1 tablespoon cheese.



No mere vegetable ever gained the fame that spinach did in the 1960s through the cartoon character Popeye. Often in vain, parents encouraged their children to eat their spinach so they would grow up to be big and strong.

There's actually some truth to that...

CAN YOU SAY.....

Spinach



Low in fat and even lower in cholesterol, spinach is high in niacin and zinc, as well as protein, fiber, vitamins A, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper, and manganese. In other word, it's loaded with good things for every part of your body!

Abundant flavonoids in spinach act as antioxidants to keep cholesterol from oxidizing and protect your body from free radicals, particularly in the colon. The folate in spinach is good for your healthy cardiovascular system, and magnesium helps lower high blood pressure. Studies also have shown that spinach helps maintain your vigorous brain function, memory and mental clarity.

In order to retain the rich iron content of spinach while cooking – lightly – add lemon juice or vinegar.



# BUTTERNUT SQUASH QUESO FUNDIDO

## INGREDIENTS

- 1 medium butternut squash (about 2¼ pounds), halved and seeded
- ½ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 large sweet onion, sliced
- 1 tablespoon chili powder
- ¼ teaspoon chipotle chile powder or cayenne pepper
- 8 ounces sharp Cheddar cheese, shredded
- 8 ounces Monterey Jack cheese, shredded
- ⅔ cup pico de gallo or fresh salsa, drained
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons toasted pumpkin or sunflower seeds



## DIRECTIONS

Preheat oven to 400°F. Line a baking sheet with parchment paper.

Place squash cut-side down on the prepared pan. Bake until tender, 50 minutes to 1 hour. Turn over and let cool slightly. Scoop the flesh into a food processor and add salt. Puree until smooth. Measure out 2 cups of puree (reserve any remaining squash for another use). Set aside.

Meanwhile, combine oil and onion in a medium saucepan. Cover and cook over medium heat, stirring often, for 10 minutes. Uncover and continue cooking until the onion is very soft and browned, 8 to 10 minutes more, reducing the heat and adding 1 tablespoon water at a time, as needed, if the onion begins browning too quickly. Stir in chili powder and chipotle (or cayenne). Remove from heat, cover and let stand for 10 minutes.

When the squash is done, reduce oven temperature to 350 degrees. Coat a medium cast-iron skillet (10-inch) with cooking spray.

Toss Cheddar and Monterey Jack in a large bowl. Stir 1 cup of the cheeses into the reserved squash puree. Spread about half of the remaining cheese in the prepared pan. Top with the squash. Spread half of the caramelized onions over the squash. Top with the remaining cheese and onions.

Bake until the cheese is melted and bubbling along the edges, about 20 minutes. Let cool for 10 minutes. Top with pico de gallo (or salsa), cilantro and pumpkin or sunflower seeds.



Butternut squash is a type of winter squash that grows on a vine. Technically, it's classed as a fruit but it is treated as a vegetable when it comes to cooking. It is quite long and oval in shape with a bell-bottom, with yellow-orange, hard outer skin covering the inner beautiful orange flesh and seeds. Often only the flesh is eaten, while the skin, stalk and seeds are discarded.

The butternut squash is a great source of fibre, as well as vitamins including A, C, E and B vitamins along with minerals such as calcium, magnesium, and zinc. Three tablespoons of cooked butternut squash counts as one of your five-a-day.

Eating a healthy, balanced diet can go a long way towards supporting your body's natural defences, although there's no guarantee that you won't succumb to a cold. Beta-carotene, found in butternut squash, helps to support the natural function of the immune system, along with vitamin A which can help to prevent infections.






BuzzFeed Life  
**GET FIT CHALLENGE**  
**JANUARY**

2018

# 4-WEEK WORKOUT SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 REST	4 LOWER BODY	5 REST	6 ABS	7 REST	8 UPPER BODY	9 CARDIO
10 REST	11 LOWER BODY	12 REST	13 ABS	14 REST	15 UPPER BODY	16 CARDIO
17 REST	18 LOWER BODY	19 REST	20 ABS	21 REST	22 UPPER BODY	23 CARDIO
24 REST	25 LOWER BODY	26 REST	27 ABS	28 REST	29 UPPER BODY	30 CARDIO

 <b>BENT OVER Y</b>	 <b>BULGARIAN SPLIT SQUAT</b>	 <b>GOOD MORNING</b>	 <b>SWIMMER</b>
 <b>ALTERNATING STRAIGHT LEG RAISE</b>	 <b>CRUNCH</b>	 <b>BIRD DOG</b>	 <b>PUSH-UP</b>
 <b>CHAIR DIP</b>	 <b>SQUAT</b>	 <b>GLUTE BRIDGE</b>	 <b>ROWBOAT</b>
 <b>SIDE PLANK</b>	 <b>BENT OVER W</b>	 <b>SPRINTER SIT-UP</b>	

***THIS 28-DAY CHALLENGE WILL TURN YOU INTO A PERSON WHO WORKS OUT 25 MINUTES A DAY, FOUR TIMES A WEEK.***

***January always feels like a great time to get in shape, but if you've never really worked out before or you're trying to get back on the fitness horse, it can be confusing or intimidating to know where to actually begin. That's why BuzzFeed Life asked certified strength and conditioning specialist Rob Sulaver, founder of Bandana Training, to put together a realistic, not-super-intimidating exercise plan made up of bodyweight and cardio workouts you can do basically anywhere.***

***(Pick 5 exercises for either abs, upper body or lower body.***

***Do each exercise 20x. Then repeat whole circuit 3x.)***

**1. THE PLAN IS DESIGNED TO BE DO-ABLE NO MATTER YOUR FITNESS LEVEL OR WORKOUT EXPERIENCE.**

**MAKE MODIFICATIONS TO THE WORKOUTS IF YOU NEED TO.**

**2. YOU CAN JUMP INTO THE CHALLENGE ANYTIME.**

If you start after Jan. 4, just add any workouts you missed to the end of the month.

**3. EACH WEEK YOU'LL HAVE A COMBINATION OF CARDIO DAYS, STRENGTH-TRAINING DAYS, AND REST DAYS.**

The exercise days will help you improve your cardiovascular fitness and strength. The rest days will help you recover from the workouts and prepare for the next day of exercise

**4. YOU CAN FOLLOW THE PROGRAM TO THE LETTER, BUT YOU CAN ALSO MOVE THINGS AROUND.**

You can swap one bodyweight workout for another, or move a rest day earlier or later in the week depending on how you're feeling. Make it work for you!

**5. REST IS BUILT INTO THE PROGRAM INTENTIONALLY.**

It's crucial for recovery and progress. If you're too tired to complete a workout with good form, take additional rest. Light activity (like a gentle yoga class, a long walk, an easy swim, a leisurely bike ride, etc.) is always encouraged on rest days.

**6. THE WORKOUTS ARE MEANT TO BE DONE AT A COMFORTABLY HARD PACE.**

To figure out what your effort should be, think of a 10-point scale, where 1 is full rest, 10 is going as hard as you can, and 5 is a moderate pace which allows you to carry on conversation. For these workouts you should be going at about a 7 and recovering at about a 3. If you're brand new to working out, try working at a 6 and recovering at a 2; as always, listen to your body.

**7. IF YOU'RE BRAND NEW TO WORKING OUT, SCALE BACK WORKOUTS AS NEEDED — SERIOUSLY.**

Modify the workouts to make them easier — take more rest or move more slowly. Basically just listen to your body and push yourself to be challenged, not to get injured. Ease into the bodyweight workouts slowly, paying attention to your pace, effort, and the quality of movement.

**8. AFTER THE CHALLENGE IS OVER, YOU'LL WANT TO KEEP GOING! AND IT'S SUPER EASY TO DO THAT.**

Keep going with some different bodyweight workouts, mix and match your own, or repeat this challenge with the goal of moving faster or better or adding extra sets or circuits.

# Snow Day/Cabin Fever Activities for All Ages

1. Gather natural materials outside and make an ice wreath.

2. Paint a melted snow watercolor.

3. Do a melting ice science experiment.

4. Make vanilla snow ice cream.

5. Mix it up with chocolate snow ice cream.

6. Make a snowy smiley face on a tree.

7. Roll the base of a snowman. Then keep rolling to make the biggest snowball possible.

8. Make a winter wind chime.

9. Build snow forts.



10. Break out some spray bottles (use colored water) and make snow paintings.

11. Bring winter inside with a melting snowman activity.

12. Sculpt snow critters.

13. Identify animal tracks in the snow.

14. Hang up DIY kid-friendly bird feeders.

15. Make a snow cave.

16. Play tic-tac-snow with sticks and pinecones.

17. Make a snow bakery with baking pans.

18. Build a snowman.



19. Make a cardboard sled if you don't have a store-bought one.

20. Play snow soccer.

21. Go on a winter walk.

22. Build an ice cube igloo.

23. Go ice skating.

24. Play snowball hopscotch.

25. Give kids shovels (for the

driveway or for fun!).

26. Take black construction paper outside and see individual snowflakes.

27. Use those shovels to make a snow maze.

28. Have a winter campfire (with adult supervision, of course!) Can you say smore's?

29. Channel your inner Laura Ingalls Wilder and treat yourselves to Sugar on Snow.

30. Play snowflake Spot the Difference.

31. Make snow angels.

32. Play footprint tag by only using existing footprints in the snow.

33. Make a snowball target practice site.

34. Freeze water balloons to make snow marbles. Add food coloring for extra fun!



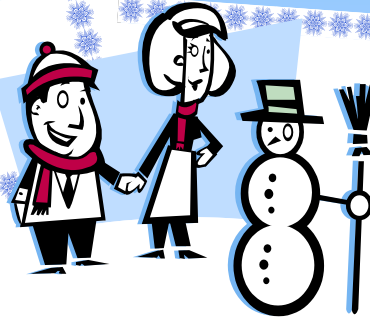


The new year opens—old is  
past,  
Stern winter comes with its  
rough blast:  
See the farmer shivering  
with cold,  
Driving his flocks and herds  
to fold.

—The  
1793 Old Farmer's  
Almanac

### JANUARY FOLKLORE

- Fog in January brings a wet spring.
- A favorable January brings us a good year.
- If grass grows in January, it will grow badly the whole year.
- A summerish January, a winterish spring.



### **7 Really Good Things About January**

**#1 The shortest day of the year is officially behind us.** From here on in, the mornings will slowly but surely get lighter and evenings longer, daffodils and tulips will bloom, gardens will spring back to life, temperatures will lift and the sun will shine. That said, see #2.

**#2 It's still way too early in the year for the grass to need cut.** Always a bonus.

**#3 Indoors, everywhere looks that little bit bigger and big bit tidier** now that the Christmas tree is down and the decorations are packed away.

**#4 There's a lovely feeling of 2018 being a clean slate; like anything and everything is possible.** Someone suggested taking an empty jar and labeling it 'Good Things'. Every time something good happens over the course of your year, you pop a note into the jar as a reminder. Then, come December 31st, you open the jar and look back on all the good things that have happened over the year.

**#5 Your evenings and weekends are your own again.** No more to-do lists, shopping, decorating, wrapping, present-delivering or partying. You can unearth those books you never quite got a chance to finish, pick up where you left off with those box sets you're only half way through, you can even experiment with a new recipe or two.

**#6 Much as falling off the wagon of healthy (hmmm... ish) eating for two solid weeks was fun,** it's officially time to say: 'Enough'. You know it. Your body knows it. And the biscuit baby that's appeared around your stomach is a sure-fire sign of it. Within just a few days of normality, you're already feeling more focused and energetic.

**#7 You no longer run the risk of switching on the radio to hear someone singing 'It's Chriiiiiiiist-maaaaas' at you.** Not for another 11 months anyway. (Not all people think this is a good thing.....)