What I learned about my health in 2013…

We all eat, all day and every day, yet for some reason so many people are confused about food. What fascinates me about being a health coach is seeing how we truly are what we eat and how the key to health is each person's individual needs. What I noticed this year with my Smart Life clients is the more they improve their health, the more empowered they feel to pursue the life they want to live.

As I reflect back over the year, I'm inspired by all the changes and epiphanies my clients have shared with me as they've begun to live a Smart Life. I've shared some below and hopefully they'll inspire you, too, as you set new challenges for yourself in 2014.

What I learned about my health in 2013 …

"… That I have much more control over my health than I ever imagined! I also learned that prioritizing my health truly does make a difference in other areas of my life."

"… A radical new way to look at food. This year I turned 59 and there was no way I wanted to enter my sixth decade as a fat, tired woman. With Ronit's help, I've tried new foods and adopted different diet strategies. Not only have I lost weight, but I have gained so much valuable information on how to eat healthier. I'm eating "smarter" today than ever."

"… To say goodbye to my Weight Watchers app and stop counting calories! I learned to eat healthy whole foods and not only did I finally lose the weight, I also gained freedom from the annoyance of counting points and calories."

" … Small changes add up to big results. Adopting a healthier lifestyle can seem daunting and impossible, but adding just

one simple change every week adds up over the course of a year. I've made small changes in my diet and exercise routines one step at a time. It's been as simple as adding 10 minutes to my workout, choosing to reduce the amount of animal protein I consume in a week or switching to organic produce. Just one change per week allowed me to embrace a healthier lifestyle. The physical changes were enormous. I look better, but more important, I'm much healthier than I was two years ago with more energy and stamina than I had 10 years ago!"

" … How much health and happiness go hand in hand. When I made smarter choices about my diet, my mood changed drastically. I felt better about myself and that confidence improved my relationships and my productivity at work. Those little successes kept me motivated to stick with it. The better I felt the healthier I wanted to be."

" … Staying connected to people who inspire me is important in keeping my goals top of mind. Being part of the Smart Life community not only empowers me but it holds me responsible to me and reminds me to put myself first."

"…2013 has been a wake up call for me…. I learned that the most important thing in life is to take care of myself. With Ronit's help, I learned how to nourish my body with whole foods and plenty of fresh vegetables. Trying new spices, herbs and simpler ways of cooking made choosing new foods a breeze. Bring on 2014…I am ready!!!"