



# 3 New Year's Resolutions You Must Keep For a Healthier and Wealthier New Year

Natural Solutions by Anke LLC, December 31, 2006

URL: <http://www.pr9.net/society/holidays/4942december.html>

*Health coach advises a simple trifecta of New Year's resolutions is easier to stick to. Choose one each for mind, body and spirit and discover lasting results.*

PR9.NET December 31, 2006 - Madison, WI - If your New Year's resolutions typically have the 24 hour life span of a fruit fly, then this trifecta of resolutions is for you.

"The secret is in working the mind, body and spirit together," says Anke Johnson, Fitchburg-based certified professional health coach. For the mind, Anke advises clients to walk at least 30 minutes per day 5 days per week. "The fresh air and slow pace help us modern Americans unwind, gain clarity and give us a chance to experience and enjoy the outdoors in a different way than we do in a car going at least 35 miles per hour."

For the body, Anke suggests incorporating organic foods, especially vegetables into your diet. You will consume fewer pesticides, toxins and processed sugars and establish a more nutritious base for your diet. "Plus, it just tastes better," says Johnson. Her family took an extra step this past year and joined a local Community Supported Agriculture (CSA) farm in 2006. Johnson confides, "My husband Tim says it the best decision we made all year. He really enjoys the flavor, variety, and in our case, it was cheaper by half that what we were spending at the grocery store."

For the spirit, Anke recommends short bouts of meditation or yoga done several times per week. The key according to Johnson is, "spending quality time looking inward, because our modern Western lifestyles are so outwardly focused. Any type of contemplation will do, be it individual prayer or a group bible study."

"The astute will see some overlaps in my recommendations," says Johnson, "because at most any one particular activity can benefit two of the three areas, and many do to differing degrees. But as long as all three areas are moving ahead, resolutions will be stuck to longer and you'll be more likely to achieve them."

By making and keeping these three simple resolutions you will find that you'll have less sick time and have fewer doctor bills this year and beyond. With the extra energy, you'll also be likely to find yourself with more energy, lower stress, which leads to a wealthier year because of better relationships and more productivity at work.

Visit [www.naturalsolutionsbyanke.com](http://www.naturalsolutionsbyanke.com) for more information and tip sheets.

###

## About Natural Solutions by Anke LLC

A certified professional health coach and energizing speaker, Anke Johnson (pronounced "Ahn-ka") has over 10 year's experience helping women over 30, professionals, entrepreneurs and sufferers of chronic illnesses work more effectively, have more clarity, feel strong and energetic, and be more alert and creative. Anke speaks several times a month, provides several complimentary teleseminars and coaches individuals and organizations on Health and Wellness topics through her consulting firm, Natural Solutions by Anke, LLC, on the web at [www.naturalsolutionsbyanke.com](http://www.naturalsolutionsbyanke.com)

**Phone:** 608-467-0008  
**FAX:** 866-756-2492  
**Website:** <http://www.naturalsolutionsbyanke.com>  
**E-Mail:** [info@naturalsolutionsbyanke.com](mailto:info@naturalsolutionsbyanke.com)