

# Kc

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HEALTH &  
WELLNESS  
*Edition*

2022 Affirmations

I am  
surrounded  
by love.

Read  
more —  
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## SUPERFOODS

Try adding pomegranates or leafy greens to your shopping list

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## 7 SPOTS FOR TOTS

Close out your kids' holiday break with an adventure

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# New Year's Resolutions:

1. Exercise 5x a week; lose those 5-10 lbs!
2. Cut out sugar; eat healthier.
3. Shop less; save more \$ each month.
4. Start volunteering again.
5. Call Grandma at least once a week.
6. Take guitar lessons.
7. Re-learn Spanish.

# NEW NO YEAR'S RESOLUTIONS

## WHY THESE NAGGING GOALS MAKE ME CRINGE

By Katie McCall, local food columnist

**T**ruth be told: I hate New Year's resolutions. (And hate is not a word I use very often.)

In my opinion, resolutions are a cruel framework of unattainable expectations we place on ourselves to elicit drastic, nearly overnight changes to who we are as human beings. And they almost always revolve around food and body image: Lose weight. Exercise more. Eat healthier.

While the intention behind these resolutions might be positive, the way of getting there is often not. I mean, who really wakes up on Jan. 1 and says, "I'm so excited to drink kale juice and run 5 miles on the treadmill" after spending the past two months eating cookies and watching holiday movies on the couch? Let's get real, folks.

If we're honest with ourselves, we can be honest with the reality of actually making a degree of positive change in our life — and I can speak from experience.

In my early-to-mid 20s, I was all about the New

Year's resolutions. As a writer and lover of hard copies, I looked forward to tearing out a fresh piece of notebook paper and jotting down all of my resolutions, which usually looked something like this:

1. Exercise 5x a week; lose those 5-10 lbs!
2. Cut out sugar; eat healthier.
3. Shop less; save more \$ each month.
4. Start volunteering again.
5. Call Grandma at least once a week.
6. Take guitar lessons.
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A rambling list of aimless goals would materialize in a matter of seconds and be taped to my refrigerator. Worst of all, I expected to tackle them all at once, sans any kind of game plan.

Like most, I'd start out super strong for about two weeks — and sure, it felt good. But by

mid-to-late January, things started to fizzle out; I'd get restless with my clean eating routine and crave a bowl of ice cream ... I'd hit the snooze button rather than lace up my sneakers at 5 a.m. ... and from there, things naturally fell apart and business returned to usual.

Even worse, I felt like a total failure, and the point of these feel-good resolutions had the complete opposite effect. I'd not only punish myself emotionally for breaking my resolutions, but then I'd feel physically let down when those nagging 5 pounds came back.

Over time, I stopped making resolutions and discovered that real change happens slowly and with purpose and mindful planning. Rigid exercise routines don't work because they're not a lifestyle change, and outright eliminating your favorite comfort foods is nothing shy of torture. Why do we do this to ourselves?

In this instance, I can't help but refer to the wisdom of Dr. Leo Marvin from one of my all-time favorite movies "What About Bob?": It's all about



## SALTED “CARAMEL” PROTEIN SMOOTHIE

baby steps. Baby steps to bettering our bodies to get stronger. Baby steps to healthier eating to feel good inside. Baby steps to rekindling that relationship with a friend or family member to make peace in your life. Whatever it may be, it cannot all be done at once.

Now in my mid-30s, I'm setting simple, personal goals for 2022, like being more patient and kinder to myself. As an entrepreneur, work-from-home creative, all-around doer and soon-to-be mother of two, I have finally understood the importance of slowing down and focusing on self-care. And while some days it's not easy to see the checklist go unchecked, one thing's for sure: I'm never setting myself up for disappointment ... and the kale juice is optional.

If you're trying to start the new year out a bit healthier, I promise you this super simple yet decadent smoothie will not disappoint! It tastes like a salted caramel milkshake — minus the guilt. I love making this for breakfast, as a post-workout snack or even as a bedtime treat in place of ice cream.

### Ingredients:

- 3/4 cup nondairy milk (I love unsweetened vanilla almond milk)
- 1 ripe banana
- 1 scoop of natural vanilla protein powder
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher or sea salt
- Handful of ice cubes (about 6-8)

Simply place all of the ingredients into a blender and process until smooth and creamy. Enjoy!

Photo by Victoria C. Photos



■ Katie McCall, former owner of Two Wild Seeds Baking Co., is a bona fide Midwestern girl. Raised on four acres of rural property in Yorkville, she was always taught to respect nature and all of its bounty. From foraging morel mushrooms in the woods to picking wild black raspberries for homemade jam, Katie feels most at home when in nature and preparing food for others. When she's not creating new dishes in the kitchen (and writing about them) she can be found nose-deep in cookbooks, exploring the outdoors with her family — and eating ... always eating.