

Dr. Elaine Screatton DC

New Year, New Goals

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Monday: 12pm-7pm

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Thank You!

I would like to thank you for your continued confidence and trust for choosing me for your chiropractic and Injury needs! The greatest compliment is you referring your family and friends!

@drelainescreatton



Happy New Year, and welcome to 2019! January 1st often brings a sense of excitement and sense of new beginnings. Resolutions or goals are also a key ingredient to this time of year. Yet all too often these goals fail because change is hard, and reverting to old habits is much easier! Below are some tips to help you set successful goals for 2019! And, don't forget to reward yourself for achieving your goals!

SMART goals are a great way to ensure you succeed!

S- Specific

Write your goals down on a piece of paper, and have them visible to you (like taped to your bathroom mirror, or on your desktop of your computer). These goals should be detailed, as more detail helps ensure success!

M- Measurable, Meaningful

Goals should have meaning behind them (ie, WHY!), and you should have some way of measuring your success. Whether that is sales targets at work, your max squat, or the weight lost, you need to be able to measure to know you are on the right track!

A- Attainable

R- Realistic, Relevant

Work on creating goals that could actually be accomplished in the given time frame. Losing 30lbs in 2 days is not realistic, but dropping that weight over 8 months is definitely realistic! Same for paying off all your debt, it is more realistic to say you will increase weekly payments by \$10 than to say you'll pay off 10K at once.

T- Time Based

All goals need a period by which to achieve them in. Some goals are short term (ie. 1 month from now), others are long term (5 years from now).

Soba Noodles with Salmon



Serves: 4

Time: 30 Minutes

Recipe courtesy of foodnetwork.com

Ingredients:

- 8 oz soba noodles
- 3 cups mushroom broth (or vegetable broth)
- 1/4 cup mirin or white wine
- 2 Tbsp soy sauce
- 2 Tsp fish sauce
- 1 1/4 pounds wild salmon fillet (1" thick, cut into 4 pieces)
- Kosher salt and black pepper
- 1 red bell pepper, thinly sliced
- 2 stalks celery, thinly sliced
- 1/2 cup fresh basil
- 1 Tsp toasted sesame seeds

Directions:

1. Bring a large pot of water to a boil. Add the noodles and cook as the label directs. Drain and rinse well under cold water; set aside.
2. Meanwhile, combine the mushroom broth, mirin, soy sauce and fish sauce in a medium skillet. Bring to a boil, then reduce the heat to a bare simmer.
3. Season the salmon with salt and pepper and add to the skillet along with the bell pepper and celery. Cover and cook, carefully flipping once, until the salmon is cooked through (2 1/2 to 3 minutes per side).
4. Remove the salmon from the skillet using a fish spatula or slotted spoon.
5. Return the broth mixture to a boil, then remove from heat. Season with salt.
6. Divide the noodles and basil among the bowls. Ladle vegetables and broth into each bowl, top with salmon and sprinkle with sesame seeds.

Wishing you & your family a wonderful and joyous 2019!- Dr. Elaine