

# Healthy Living

Delivering The Farm To Your Table

## Happy New Year!

What better time to set new health, wellness, lifestyle and professional goals...you have 365 chances to achieve success, and we're behind you 100%.

## NEW PRODUCT SPOTLIGHT

Our Reserve Blend ground beef consists of a delicious blend of sirloin, brisket and short rib contributing to an amazing flavor profile which is further enhanced by dry aging for 14 days within a temperature and humidity controlled environment. The cattle are never given any form of growth hormone, feed efficiency enhancers or antibiotics and spend their entire life on lush green pastures. There is free choice access to the finest vitamins and minerals, water from crystal clear mountain streams, and fresh mountain air. Farmers use rotational grazing methods that keep the herd in the cleanest environment possible and never use insecticides. During the finishing phase, the steers receive our own blend of the freshest, non-gmo grains to ensure maximum beef quality. All are hand selected for their superior traits, source verified, are 100% Georgia Grown, and certified humane.



365 DAYS= 365 OPPORTUNITIES TO MAKE HEALTHY CHOICES... SMALL CHANGES= LARGE RESULTS...DISEASE PREVENTION...HEALTHY LIFESTYLE

## New Year, New You...Meet the Perry Family!

Bucky and April Perry have been members of the Blue Ribbon Foods family for a little over a year. In that time, they have made some major lifestyle changes and have reaped dramatic results. In the past, Bucky and April found themselves eating out more often or grabbing something on the go and noticed that their health, not to mention their wallets, were paying the price. The biggest changes they've seen have included less trips to the grocery store each week, eating at home six times per week because they "actually like the food," and together, they have lost more than 100 pounds! For Bucky alone, his yearly physical in 2016 reflected the age of a 48-49 year old, while this November, in less than a year, Bucky's physical reflected the estimated age of a 38 year-old and he is 43! He reduced his physical age assessment by a DECADE! They feel that "more than anything, it's as cheap or cheaper than going to the store, much more convenient, tastes so much better and helps [them] feel better." When asked what it was about our service that helped make them successful, they attribute much of their success to our portion control, convenience, quality, variety and taste, as well as how quickly everything is ready to prepare. Due to the 100% satisfaction guarantee on every item provided, they have been more adventurous in trying new items and have found that they are able to increase the variety of items on hand to keep from getting in a rut. Congratulations on your incredible success, Bucky and April! We are honored to be a part of your journey to better health!



"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."



## Nurse Notes

by Heather Nichols, RN-PT

As a new year begins, millions around the world embark on a resolution to better their health. While many equate health with body weight, it goes much deeper. Overall health is comprised of not only the external things that can be seen, but deeper, at a cellular level. The old saying, “you are what you eat,” is true on many levels. Every 28 days, your skin replaces itself. Your liver, every 5 months. Your bones, 10 years. Your body makes these new cells from the food you consume. What you eat literally becomes you. Each meal is a chance to nourish your body and provide the nutrients needed for daily function. Food can change your mood, your mental clarity, your physical strength and endurance and long-term health. While you can eat many filling foods, as long as your body is starving from a nutritional standpoint, your body will remain hungry for those specific nutrients. While making your food and beverage choices this year, be sure to keep this information in mind and rest assured that the food you’re eating from Blue Ribbon is an excellent foundation on which to build.



\*Heather Nichols is a registered nurse with a background in emergency care, ambulatory surgery, personal training and nutrition, and is a health and wellness enthusiast.

## Have You Heard?

Did you know that one of the main ways we are able to keep costs down and save you money is by not advertising? You read that correctly.... By NOT advertising. You're likely wondering how we can continue to serve so many new families. The answer is simple, you! Because we value the trust you place in us and want to say thank you, we have created the Gemstone Rewards program. When you share your love for our service with others, a new family then has the opportunity to take advantage of what you've already come to know and love. When they shop, we mail you a check. It's just that simple. Here's how it works....



Sapphire Level | **\$100**  
Referral 1, 2, & 3



Emerald Level | **\$250**  
Referral 4, 5, & 6



Ruby Level | **\$300**  
Referral 7, 8, & 9



Diamond Elite Level | **\$500**  
Referral 10+

For each of your referrals that shops with us, you will receive a \$100, \$250, \$300, or \$500 check!



### FAST START BONUS

Refer three families that shop with us within 30 days of your delivery and you will receive an additional **\$500 check!**

### HOW TO EARN YOUR REWARDS

**facebook**

(this is the fastest way)

#### Step 1

Take a photo of your newly stocked freezer



#### Step 2

"Like" our page on Facebook.  
[facebook.com/blueribbonfoods](https://facebook.com/blueribbonfoods)

#### Step 3

Send a friend request to Christine Cullen, our Social Media Manager



#### Step 4

Post the picture with a status, capturing your excitement about your delivery. Tag your friend @Christine Cullen (and tag your representative too!). Make sure your post is "Public" so you get the most referrals.

#### Step 5

Get your interested friends to contact your representative and start earning your rewards!

What if my original wellness consultant is no longer working with Blue Ribbon Foods? Simply email us at [challoran@blueribbonfoods.com](mailto:challoran@blueribbonfoods.com) and let us introduce you to the Wellness Consultant in your area so that they can help, or share our website and your friend can submit a sample request online! [www.blueribbonfoods.com](http://www.blueribbonfoods.com)

## New Year's Resolutions vs. Real Change

Jeff Albert Certified Professional Life Coach & Wellness Consultant.

During the month of January, you may find yourself asking should I make another New Years resolution. According to studies \* 40 – 45% of Americans make at least 1 resolution every year. Within 6 months of making this resolution only 46 % of us have kept this commitment. We in the coaching profession are looked to be agents of change, however it is our passion and duty to create the environment for the client to determine what that change is, how it will unfold, and if it is going to be long lasting. The most important factor within the coaching alliance is to assist our client to move forward while honoring exactly where they are now as absolutely right and perfect in the process. Realizing certain objectives within our lives does not mean that what, where, or who we are now is wrong. I would like to make the case for the necessary steps to long lasting and continued growth for all areas of our lives. We live in a culture where we judge ourselves by our productivity, or how well we perform. This is determined by our consumption, or how much stuff we accumulate. This is the materialistic model, which is an outside in model and obviously does not lead to happiness. This is derived from the myth that when the external features of life line up for us, we will be happy. What we need is a model for happiness that is derived from an internal mechanism or an inside out process. I would like to propose a model for long term consistent change. In this model change and growth never ceases, there is no need for New Year resolutions as it is a continual ongoing process. In addition, all decision-making is driven by 9 integral components: Forgiveness Allowing Gratitude Unconditional Love Intuition Accountability Service Faith Valuable Work.

Mastering these components will bring all of us the significant radical change we desire. In fact, the failure to do so will only delay our realizing our goal. Whatever your vision, dream, or goal; these are the stepping-stones to their realization. Invest time exploring them and you will reap dividends that you never dreamed of.

Live Passionately,  
*Coach Jeff Albert*



Source: Auld Lang Syne: Success predictors, change processes, & self-reported outcomes of New Year's resolvers and nonresolvers, by John C. Norcross, Marci S. Mrykalo, Matthew D. Blagys, University of Scranton. Journal of Clinical Psychology, Volume 58, Issue 4 (2002).

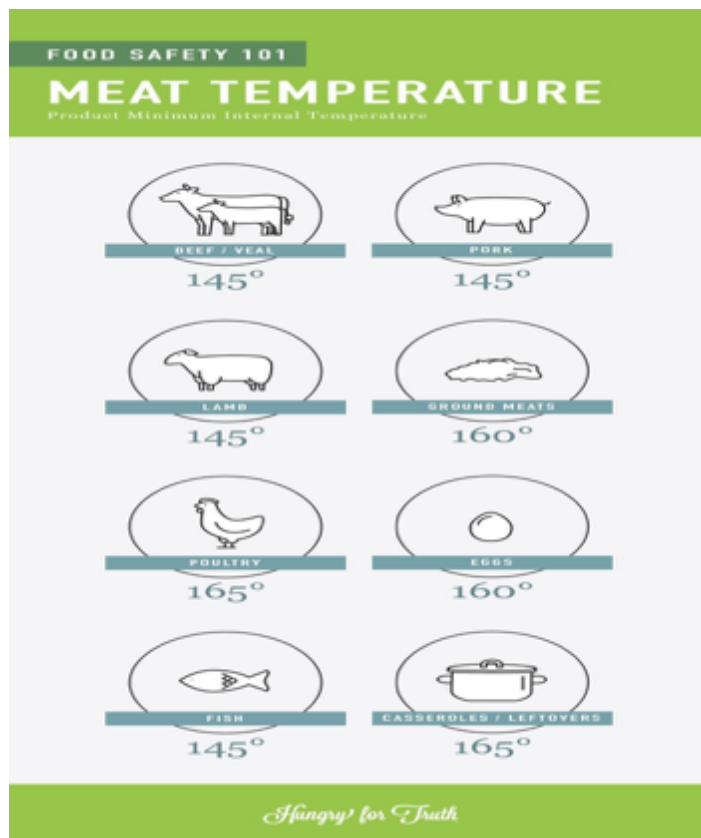
## Trainers Tips

Form vs weight: Let's address the age-old question of which is more important and why. While it is true, the only way to add muscle mass is by lifting heavier weights, the potential for injury is greatly increased when proper form is not adhered to. When lifting heavy weight, the body can become misaligned, which causes strain on tendons, muscles and joints. In addition, proper form ensures that the intended muscle group is being trained, rather than accessory muscle groups. By maintaining proper form, over time, you will have greater strength, less chance of injury and greater functionality.

\*Always consult with your doctor prior to beginning a new exercise routine.

## Food Safety 101

Wondering what the minimum internal temperature needs to be for the foods you're eating?  
Here's a guideline to ensure you're cooking your food properly.



**Find BLUE RIBBON FOODS on Facebook And Instagram For New Recipes, Products, Health And Wellness Information And Contests!**



Let's see your favorite dish. Do you have a favorite recipe you think others need to try?  
Share it to FB or IG & make sure you tag us! #blueribbonfoods