

4 Hacks to Make Those Resolutions Stick

Do you make resolutions each New Year's eve, totally planning to stick with them, only to find your best intentions dashed as early as February? Here are 4 hacks to help you stick to those well-intentioned resolutions:

1. Set smart goals.

This is a mantra I live by. SMART stands for:



Specific. The task is defined very narrowly.

Measurable. You can assess whether or not it has been achieved.

Achievable. The goal is within your grasp, given the time and energy you have available.

Relevant. The problem you're facing can be solved with the goal you've developed.

Time-bound. You know just how often tasks related to the goal should be done and how long the goal will last.

Setting goals like this could be an easy way to make sure that you actually achieve what you need to achieve in 2018.

2. Put them in print.

Writing goals on paper and posting them in a spot that you regularly see is a quick and easy way to make sure that you stick to the resolutions you've made.

3. Speak up.

Consider sharing your resolutions on Facebook or Twitter: this way, you've made a public commitment to your goals (and you've included a huge group of folks who can help hold you accountable.)

4. Celebrate.

As you're setting measurable goals, make sure to include milestones along the way-if you're trying to lose 20 pounds, break that goal up into five-pound increments, then celebrate every time you reach a mini-goal with a little reward. Those little rewards will keep you motivated and pushing towards reaching your ultimate goal.



Your Guide to Beating the Winter Blues

Despite the joy of our recent Houston snowfall, winter is a tough season for many: the stress of holiday bills, shorter days and less sunshine can take its toll. If you need a little help getting out of bed these days, here are some helpful ways to beat those winter blues:

1. Snack smarter.

Making good choices this time of year can be challenging, but not all treats were created equal: chocolate has been proved to boost your mood and relieve anxiety while candy and carbohydrates may ultimately increase feelings of anxiety and depression.

2. Exercise.

Even moderate exercise: like walking fast for about 35 minutes a day, five times a week or 60 minutes a day, three times a week, can improve symptoms of mild to moderate depression according to a 2005 Harvard research study. For seasonal sadness, try under bright lights to give your body the extra dose of daylight its craving this time of year.

3. Tune in.

Listening to upbeat music can give you short and long term mood boosts, so jingle all the way!

4. Plan a getaway.

Research shows that just planning a vacation can improve your happiness, long before you actually get to take off.

5. Give Back.

Volunteering can improve mental health and appreciation for the blessings in your own life.

6. Leave your house.

Spending time outside (even in cooler temps) can improve focus, reduce symptoms of Seasonal Affect Disorder, and lower stress levels.

Welcome to the team, Nicole!

We would like to welcome Nicole Hewitt to the office. Nicole joined our team as a medical assistant. She has previous experience working in both pediatrics and ob/gyn practices. Nicole is originally from Houston, but recently returned from Corpus Christi. Outside of the office, she enjoys spending time with her five children



Our Holiday Office Party



5 Ways to Quit Smoking

We all know by now how smoking negatively impacts health, but smokers also know how tough it can be to kick this habit.

Here are 5 ways to ease yourself into your "Quit Day."

Step 1: Be Specific

Once you've decided to quit smoking, set a date and develop a plan. Visit smokefree.gov or call 1-800-QUIT-NOW for help picking a plan that works for you.

Step 2: Solo = No Go

Quitting is easier with the support of family and friends. Tell them you've decided to quit, and give them specific ways in which they can be helpful. Seek out friends who have quit successfully and ask what worked for them.

Step 3: Keep busy

Replace smoking with healthy habits like exercise or active socializing. Make plans with non-smoking friends. And keep your mouth busy too: try chewing sugarless gum.

Step 4: Avoid triggers

Stay away from people, places and things that make you want to smoke. Throw out cigarettes, lighters and ashtrays, and frequent spots like restaurants where smoking is prohibited.

Step 5: Celebrate little victories

Your ultimate goal may be forever, but reward yourself for reaching mini-milestones like one smoke-free day, five days, one month etc.



Question Corner!

Question: What can you do to help me run again?

Answer: Runners have one desire, to keep running. In fact most runners delay coming to our Houston podiatry office because they are afraid that I'll tell them to stop running. The problem with that reasoning is that if they came sooner, before the problem became unbearable, I probably wouldn't have told them to stop running, but now I have to.

There are of course some circumstances where you do absolutely have to take a break from running. These include stress fractures, fractures, tendon ruptures, and severe sprains. Continuing to run on these injuries is a recipe for disaster! The injury will worsen, possibly requiring surgery to repair and correct

When it comes to overuse running injuries, such as shin splints, heel pain, and Achilles tendinitis, I don't often have you stop running. It is very important, however, that you come in as soon as possible. If the injury becomes worse, there is a greater chance that you'll have to take a break from running.

If you are experiencing foot or ankle pain that is worse when you are running, call us so we can get you running pain-free.

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Sudoku Corner

6		2	8		7	4		
	8			2				9
	4	7			1	6		
			1		5	3		2
		1				9	6	
4				6			1	5
		6	7					4
1		4		8				6
		8	2				9	1

November Answers:

3	6	4	7	1	2	8	9	5
1	8	5	6	9	3	4	7	2
7	9	2	5	4	8	6	3	1
5	7	6	3	2	9	1	8	4
2	3	8	1	7	4	9	5	6
4	1	9	8	6	5	7	2	3
6	2	1	9	5	7	3	4	8
9	4	3	2	8	1	5	6	7
8	5	7	4	3	6	2	1	9

From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our December 2017 Newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from this information.



Even better, if you would like someone subscribed for our future editions, just let us know! They can subscribe easily online at www.tanglewoodfootspecialists.com. Thank you and Happy Holidays!

As we wind down 2017 I want to thank all of you for trusting me to care for you and your family members. This year has been challenging for everyone. Hurricane Harvey has effected everyone, directly and indirectly, but also showed us the best of Houston as we supported and cared for one another.

The Schneider family is looking towards 2018 with great excitement!! Ariel (17) is starting to focus on the college search. He is taking courses to study for the ACT and is considering Mechanical Engineering as a possible career path. He's also looking forward to the second half of his basketball season. Daniella (13) continues to take piano, recorder, and glockenspiel lessons. She is also playing basketball and doing great in middle school. Jonah (9) is playing guitar and has a brown belt in karate.

The family is looking forward to a couple of trips in early 2018. First is a visit to New Jersey and New York for a family bar mitzvah. At the end of the month, we are all going to Disneyworld in Orlando. From our family to yours, we wish you a very happy holiday season and a very happy and healthy 2018.