



**Fit For Sisters**  
Andrew Loscutt  
Columnist

**The key to successful health resolutions**

Newsflash! 2019 is over, people can finally get around to making all those changes they've been intending to make. Now that the dialogue transitions from complaining to actually doing something, how do you stick to your guns and make it happen? Surely, someone reading now can think back to last New Year's and remember what it was they swore off. How'd that go? What was the apple that tumbled the cart?

Why can't people seem to get out of their own way?

A goal must have some weight to it, some meaning, or higher impact than just being healthier. A goal without any meaning will leave an easy out without moral consequence. If you dream of the mountains, the beauty, and the fresh alpine air, why not make it a goal to conquer such hikes? This goal lays out a trail of consequential lifestyle adjustments to get there. Our theoretical hiker must maintain a slim body-weight, keep their legs and lungs very strong, and they ought to find friends who will enjoy the endeavors with them. The third aspect will be the details required: gym workouts, three per week; daily walks; weekend hikes; whole, unprocessed nutrition.

Now that you have

your plan in order, the next move will be making those changes stick. What's your exercise history? If you haven't been to the gym in a long, long time there is little sense in going into a program with hair-on-fire intensity, or gigantic volume (total gym work per session). The same goes for diet. A person who might enjoy a daily pastry, eating burgers and fries, and a few beers will not be successful going 100 percent into salads and meal-replacement shakes. Changes ought to begin one small step above where you currently are progressing along with success.

How does one set up success? The environment we exist in will predict a lot of health outcomes. Say a person is eating out with friends when the waiter approaches at the end of the meal and asks about dessert. The peer pressure is on. If everyone else is getting dessert, why the heck not?

The company one keeps is also an interesting factor. Close friends and relatives have a big impact. What ends up at the table at family dinners often is not the healthiest. Interestingly, proximity to the gym or access to recreation also plays a role. A person who drives by a gym on their way home will at least have the subliminal cue that they ought to exercise. On a smaller level, the personal environment matters. A kitchen clean-out, a new wardrobe of fitness clothes, and cues around the home or work will give a boost to the subconscious.

Seek out support. Humans are tribal, they want to belong to something; energy is cultivated upon the "we're all in this together" mindset. Find a group of people who are interested in the same activity, the same goals, or who will encourage you. This is why diets, group exercise phenomena, and multilevel marketing work so well.

Now a month has passed, our goalsetter has successfully kept on track. But it's starting to slip; the once-attainable 6 a.m. workouts are getting harder. Treats and nights begin to intrude. What does one do? Construct a new platform by changing things up. Start a new workout, try new foods, get in a new route for the nightly walk. The novelty effect is huge. Also, be cautious of how success is measured. If weight is measured, are pounds the only metric? Better not drink any fluids before weigh-ins. Salt, alcohol, and carbohydrates

See RESOLUTIONS on page 18

**HARDTAILS**  
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**KJ ANNIE**  
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**The Belfry**

Fri., Jan. 24 • 8 p.m.  
**Hillstomp**  
PDX junkbox hill country blues duo.

Tues., Jan. 28 • 6-9 p.m.  
**Sisters Science Club**  
Dr. Shinderman: Vineyard Landscapes

Thurs., Feb. 27 • 7 p.m.  
**Tommy Castro & The Pain Killers**  
Whether the deepest blues or the funkier soul grooves, legendary blues and soul giant Tommy Castro knows how to ignite a crowd!

Pub opens 1 hour prior to shows.  
302 E. Main | 541-815-9122  
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**Entries due for Sisters Library annual exhibit**

The Sisters Library Annual Art Exhibit, sponsored by the Friends of Sisters Library (FOSL) is fast approaching. The artwork submission date is Saturday, January 4, from 10 a.m. to 4 p.m. in the Sisters Library community room. The exhibit opens Wednesday, Jan. 8 and continues through Friday, February 28.

All artists in Sisters Country are invited to participate. Invitations were sent to artists who have recently participated, but other artists

may obtain an invitation and entry form either at the Sisters Library or online at sistersfol.org.

A reception with hors d'oeuvres and beverages will be held Friday, January 24, from 6 to 7:30 p.m., coinciding with the Sisters Arts Association's Fourth Friday Artwalk.

The People's Choice Awards will be presented during the reception. Voting

See ART EXHIBIT on page 17

**SISTERS-AREA**  
Entertainment & Events

**JAN 1 WED** **Sisters Saloon Poker Night** 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersssaloon.net.

**JAN 2 THUR** **Cork Cellars Tasty Thursday Hosted Wine Tasting** 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com.

**JAN 2 THUR** **Sisters Saloon Karaoke Night** 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sistersssaloon.net.

**JAN 3 FRI** **Fika Sisters Coffeehouse Sisters Classic Old-Time Radio Experience** 6 p.m. Free presentation of 2 holiday classic radio shows, along with food, beverages and wine for purchase. Call 541-588-0311 for more information.

**JAN 3 FRI** **Hardtails Bar & Grill KJ Annie Rawkstar Karaoke Night!** 9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.

**JAN 4 SAT** **Harmony House, 17505 Kent Rd. Live Music with David Jacobs-Strain and Bob Beach** 8 p.m. doors open at 7. \$20 suggested donation at the door. For information & directions call 541-280-1821.

**JAN 4 SAT** **Cork Cellars Live Music with Cuppa Joe** 6:30-8:30 p.m. No cover! For info call 541-549-2675 or go online to corkcellarswinebistro.com.

**JAN 4 SAT** **Hardtails Bar & Grill KJ Annie Rawkstar Karaoke Night!** 9 p.m. Every Saturday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.

**JAN 6 MON** **Paulina Springs Books Music, Storytelling & Poetry Open Mic** 6 p.m. First Monday of every month. For information call 541-549-0866.

**JAN 7 TUES** **Sisters Saloon Trivia Night** 6:30 to 7:30 p.m. Sign-up is at 6:15. Free, every Tuesday! For additional information call 541-549-7427 or go to sistersssaloon.net.

**JAN 8 WED** **Sisters Saloon Poker Night** 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersssaloon.net.

**JAN 9 THUR** **Cork Cellars Tasty Thursday Hosted Wine Tasting** 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com.

**JAN 9 THUR** **Sisters Saloon Karaoke Night** 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sistersssaloon.net.

**JAN 10 FRI** **Fika Sisters Coffeehouse Game Night** until 8 p.m. Bring your own games & friends or find them there! Call 541-588-0311 for more information.

**JAN 10 FRI** **Hardtails Bar & Grill KJ Annie Rawkstar Karaoke Night!** 9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.

Events Calendar listings are free to advertisers. Submit items by 5 p.m. Fridays to lisa@nuggetnews.com