

# HARNESSING THE “FRESH START EFFECT” THIS LABOR DAY



Would you like to start a new exercise routine? Did your resolution to change the way you eat go out the window this summer?

Or, instead of binge watching trashy TV shows, maybe you'd like to buckle down and learn a new skill.

In whatever way you'd like to improve yourself, Labor Day makes a natural starting point for your new initiative. In fact, some self-improvement experts are calling September the New January.<sup>1</sup>

## **The Back-To-School Habit**

When we were kids, Labor Day marked the end of summer vacation and the start of the new school year. Outfitted with new school clothes and a new backpack, we embarked on a new mental challenge called "the next grade." Everything from academics to recess games were stepped up a notch. And for the most part we rose to the challenge.

After 12 years of starting fresh each September (even more if you attended college), we have a natural affinity for making autumn the start of something new. Big business has played into this underlying pattern with fall being the time to introduce new fashions, cars, and TV shows.

And now science has shown that this coming weekend marking the end of summer and the beginning of fall can be an effective time to make a new start.

## **Using Temporal Landmarks**

Behavioral scientists have found that you're more likely to achieve your life-change goals if you begin immediately after a "salient temporal landmark." In other words, if you start that new workout habit after a significant day—a birthday, holiday, first day of the

month, or even the beginning of the week—you have a much better chance for success.<sup>2</sup>

The researchers theorized that these landmark days demarcate the passage of time, creating new "mental accounting periods." They allow us to relegate our past imperfections to a previous period, step back and take a big-picture view of our lives, and give ourselves the motivation necessary for change.

### **Make A Fresh Start This Labor Day**

In much of the U.S. the fall brings a noticeable change of season, reminding us that summer is on the way out and it's time for something new.

So as you enjoy the Labor Day weekend, think about the new goals you'd like to set and the new habits you'd like to establish, and take advantage of a fresh start this autumn.

If one of your goals is to get more focused on wealth maximization, it's also a great time to talk to us.

Have a great Labor Day weekend!

Source: Efficient Advisors

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## **Golf Tip of the Week**



### **Maintain Aggression in the Short Term**

You're 40-60 yards from the green. Up until this point, your shots have been on target. But with this short distance to go, you hold back your swing. And your shot misses the green entirely.

What happened? Oddly, your biggest mistake may have had to do with your swing. You held back.

For those swings farther back from the hole, you put in the full effort. Your motion is complete. You put your whole body into it. For the wedges, however, many golfers make the mistake of holding back, not wanting to send the ball flying past the green.

The secret for successful short shots is the feel of the swing. Make sure you set up correctly. Make sure your backswing allows you to accelerate into the ball. Swing the club wide with your hands away from your body.

Your backswing shouldn't rise higher than your chest. That way you maintain the momentum in the downswing. You should be accelerating through impact.

Kick your back knee toward your target during the downswing, which shifts your weight to the front. Don't freeze your body at this point in order to direct the club into the ball with your arms. The shorter backswing helps prevent you from overshooting the green.

Tip adapted from GolfDigest<sup>i</sup>

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## Recipe of the Week

### Grilled Chicken Sliders



Serves 12

#### Ingredients:

6 scallions, thinly sliced, divided  
1 large clove garlic, pressed  
3 tablespoons fish sauce  
1 tablespoons canola oil  
2 teaspoons honey

Pepper  
1 lime  
4 6-ounce boneless, skinless chicken breast halves  
1 bunch small radishes  
2 mini seedless cucumbers  
12 mini rolls, split and grilled  
Hoisin, sriracha and cilantro, for serving

**Directions:**

1. Put  $\frac{2}{3}$  of the sliced scallions in a blender with the garlic, fish sauce, oil, honey, and a  $\frac{1}{2}$  teaspoon of coarsely ground pepper. Add zest from the lime to the blender and puree the ingredients.
2. Pour the marinade into a bowl.
3. Pound the chicken breasts until  $\frac{1}{2}$  inch thick. Put the chicken in the marinade and coat evenly.
4. Refrigerate the chicken for 30 minutes to 2 hours.
5. Take the chicken from the marinade and place on medium heat on a preheated grill. Cover until the chicken is cooked through, 4-6 minutes per side.
6. Before slicing, allow the chicken to rest on a cutting board for 5 minutes.
7. Slice radishes and cucumbers very thin.
8. Mix with the lime juice, then add  $\frac{1}{3}$  of the scallions.
9. Put hoisin and sriracha on the rolls.
10. Add sliced chicken, radish salad, and cilantro (if using) on the rolls.

Recipe adapted from Good Housekeeping<sup>ii</sup>

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## Health Tip of the Week



### Knee Pain: Causes and Treatments

You may not give your knees that much thought—at least until they start hurting or causing you trouble.

Pain can arrive suddenly from an injury, by overuse, or from arthritis.

Besides the pain, knees may swell and get stiff. Treatment varies depending on what caused the injury.

Active people may experience strains (stretched or torn muscles or tendons) or sprains (stretched or torn ligaments), which cause swelling and inflammation.

The best treatment for minor sprains or strains is RICE: rest, ice, compression, and elevation. Over-the-counter pain relievers can help. Go to a doctor if your knee is numb or tingling.

Here are seven tips for handling knee pain:

1. **Too much rest isn't good.** It can weaken your muscles. A safe, easy exercise program will help sore knees heal better in the long run.
2. **Exercise.** Cardio helps build the muscles and increase flexibility.
3. **Watch yourself.** Painful knees can cause you to fall.
4. **Remember to do RICE.**
5. **Lose weight.** Weight loss reduces the load on joints. Even small changes make a difference.
6. **Walking aids may help.** Crutches or canes can help take the pressure off your knees.
7. **Look at your shoes.** Cushioned insoles may reduce knee pressure.

Tips adapted from WebMD<sup>iii</sup>

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**Sources:**

1. <http://go.efficientadvisors.com/e/91522/ice-but-pale-against-the-world/5m2s8n/500797123>
2. <http://go.efficientadvisors.com/e/91522/est-internationally-2015-04-22/5m2s8q/500797123>

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<sup>i</sup> <https://www.golfdigest.com/story/how-to-stay-aggressive-from-short-distances>

<sup>ii</sup> <https://www.goodhousekeeping.com/food-recipes/easy/a22576918/grilled-chicken-sliders-recipe/>

<sup>iii</sup> <https://www.webmd.com/pain-management/knee-pain/default.htm>