

# 10 Tips to Stick with Your New Year's Weight Loss Resolutions

(StatePoint) Millions of Americans will make the resolution this New Year to lose weight. But goal setting is the easy part. Staying on the weight loss track and maintaining that weight loss is where the challenges begin.

Here are 10 tips to help you stick with your weight loss resolution this New Year and beyond.

- **Drink up:** Hunger and thirst can often be confused, so stay hydrated. But remember, beverages are not a place to splurge on a ton of calories. Drink water. For a flavor boost, add fresh fruit slices or mint leaves.

- **Snack mindfully:** It is all too easy to derail an otherwise flawless diet by bingeing at snack time. Be mindful of your snacks, and make sure they offer nutritional value and are designed to keep you satisfied until your next

- meal.
  - **Sleep:** Studies show a link between sleep deprivation and excess pounds. While there are many theories as to why this is, at the very least, getting enough sleep will promote clear-headed, healthful choices throughout the day.

- **Jumpstart your weight loss:** Studies show that early weight loss is a predictor of long-term success. Look for programs that keep you motivated, like Nutrisystem Turbo10, which delivers up to a 10-pound weight loss and up to five inches lost overall in the first month of dieting.

- **Eat small:** Research suggests that eating smaller, balanced meals throughout the day promotes greater weight loss and maintenance. Schedule meals every two to three hours, six times a day.

- **Get moving:** Exercise doesn't have to be daunting! Get started with 10-minute sessions, three times a day. Movement sets your metabolism in motion so make sure it's a consistent part of your weight loss efforts.

- **Eat out, right:** Restaurant portions can be monstrous. Set aside half the meal and save it for later. Avoid key menu terms like "breaded," "fried," "crispy," and "smothered." At buffets, fill your first plate up entirely with greens before moving on to other options.

- **Embrace setbacks:** Sometimes diets get temporarily thrown off course by a missed workout or a second slice of birthday cake. Rather than throwing in the towel entirely, view the setback for what it really is, a temporary hiccup.

- **Be accountable:** Keep a food and exercise diary to



reinforce good habits. Log food, drinks, activity, weight and more to stay accountable.

- **Seek support:** Weight loss and maintenance is no cakewalk. Turn to weight

loss counselors, dietitians and online communities for support with your weight loss journey. The counselors at Nutrisystem for example, are available seven days a week. For more information,

visit [Nutrisystem.com](http://Nutrisystem.com).

With the right attitude and the right tools, you can make 2016 the year you finally lose the weight for good.

## SD Ranks Third in Beef Replacement Heifers

BROOKINGS, S.D. - The 2015 United States Department of Agriculture (USDA) mid-year cattle inventory report ranks South Dakota third nationally in beef cow herd expansion - and suggests that herd expansion is up nationwide.

"When compared to the same period a year ago, beef replacement heifer numbers have increased 12 percent in South Dakota," said Tong Wang, SDSU Extension Advanced Production Specialist. "Nationally, heifer retention is up by 6.5 percent with beef cow numbers up by 2.5 percent."

Oklahoma and Texas are the only states which show a greater increase than South Dakota in absolute number of beef replacement heifers. "The expansion of beef cow herds is strongly supported by the historically high cow calf returns in the most recent years, which will very likely continue in the near future," Wang explained.

To expand the herd or not?

To make the cow-calf herd expansion decision more profitable, Wang said one aspect South Dakota ranchers can focus on is advanced grazing management practices which may reduce production expenses on a per cow basis.

Management Intensive

Grazing Management-intensive Grazing (MIG) refers to a grazing strategy where the pasture is fenced into smaller units called paddocks.

"In this system, animals are allowed to graze only one of multiple paddocks at a time, allowing other paddocks to recover," Wang said. "Compared to continuous season long grazing, MIG can greatly improve harvest efficiency, the proportion of forage consumed by livestock compared to the forage produced."

Meanwhile, Wang said selective and repetitive grazing, which is typical of continuous grazing, is minimized with MIG. "This is because stock density is high on a small paddock being grazed, limiting selectivity and improving use of all available forage," he explained.

In addition, Wang said MIG allows periods of re-growth and recovery for highly desirable grass species.

Cost Reduction Estimation

Pasture costs have a great impact on cow-calf returns. "With improved harvest efficiency, MIG may allow a higher stocking rate, which might alleviate the need to rent or purchase more pasture if the MIG system is managed well," Wang said.

Research studies have demonstrated that, under certain circumstances, MIG may satisfactorily support increased stocking rates compared to continuous grazing.

Ecological Benefit and Policy Support

In addition to the cost reduction benefit, MIG has the advantage of increasing vegetative cover and reducing bare ground. This enhances infiltration, reduces soil erosion risk and negative impacts on water quality.

"Compared to continuous grazing, research also shows that if managed well, MIG also has the potential to increase carbon sequestration in the soil over the long term," Wang said.

Conservation Reserve Program (CRP) Cost-Share Program

Thanks to CRP, Wang said adoption of MIG strategy can be a win-win situation for the ranch operator and society.

Starting September 1, 2015, CRP-grassland offers cost-share assistance of up to 50 percent for fence and watering systems to enhance planned grazing, including MIG.

"This is definitely good news for ranchers who are considering expanding their cow herd and adopting MIG as a way to improve their operation," Wang said.

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## Volunteer Work Agreement for all 4-H Volunteers

BROOKINGS, S.D. - The 2015 4-H Volunteer Work Agreement has been updated.

All new 4-H volunteers need to fill out the form and turn it in at their local SDSU Extension county office. The updated form is available either at the county office or online at iGrow 4H & Youth.

"These forms are important because background checks must be completed on all volunteers," explained Audrey Rider, SDSU Extension 4-H Volunteer Field Specialist.

Rider further explained that SDSU Extension's 4-H Youth Development program has adopted high standards for screening and selection of staff and volunteers that will have ongoing contact with 4-H youth. "The process is designed to reassure 4-H parents because it protects their children and maintains

standards of excellence for 4-H staff and volunteers," she said.

More details

The 4-H Volunteer Work Agreement form and cost recovery fee (\$10 annual minimum) need to be submitted to the local SDSU Extension county office. The form only needs to be filled out the first initial year of volunteering, but the \$10 is an annual fee paid each year to keep your records and volunteer status updated.

To get more information on this topic, please contact your local SDSU Extension county office.

South Dakota 4-H is a federally regulated program through the United States Department of Agriculture (USDA). Because 4-H is provided by the nation's land grant university system, South Dakota 4-H Youth Development follows South Da-

kota State University - South Dakota's Land Grant -policies and procedures for approving staff and volunteers.

Background checks are performed in compliance with South Dakota Board of Regents (SDBOR) Policy 4:47. University policies and procedures are designed to promote a safe and secure environment for faculty, staff, students, volunteers, and visitors and to lessen unnecessary risk to all involved.

SDBOR Policy 4:47 supports the verification of credentials, criminal history and other information related to decisions of employment and volunteer selection. ■iGrow

## AUCTIONS

### 117.5 ACRES IRRIGATED YANKTON COUNTY LAND AUCTION

We will offer the following land at auction in the Lesterville Community Center on Main Ave in Lesterville SD

**TUESDAY, JANUARY 19TH - 10:00 AM**  
Sold in Lesterville SD Community Center

#### 117.5 Acres Irrigated Unimproved Land

Located from Lesterville SD, 3 North, 3 East and ¼ North or from Junction of Highways 81 and 46, 7 miles West and ¼ North or from Jct Hwy 46 and 433rd Ave, go ¼ mile North

The real estate consists of 117.5 Acres of irrigated farm land. The FSA Office reports that this tract has 115.47 Acres tillable and the balance in low ground. The irrigation system consists of a 2013 Valley 8000 Center Pivot 7 Tower 1360 Ft System, low pressure, top nozzles, electric drives, oversized tires, 100' end overhang with 120' end gun with 2 Hp booster pump, VFD (Variable Frequency Drive); 260' well 12" casing with 75 Hp electric submersible pump that delivers 900 GPM, the system is powered by a 100 KW diesel powered generator with low hrs and 300 gallon fuel tank. The land lays generally rolling to level and the predominate soil types are Clarno-Bonilla Loams, Thurman-Ethan Complex, Ethan-Bonilla Loams, Blendon-Thurman Complex, Chancellor Silty Clay Loam and it has a 69.1 soil productivity index rating. This would make an excellent add on unit for farmer or investor with good hunting potential. The annual real estate taxes are \$1723.96. We invite you to view this tract at your convenience. If you have any questions, call Wayne Heckenlaible 605-660-1207 or for buyer's info packet, call Wieman Land & Auction Co. at 800-251-3111 or visit our website: [www.wiemanauuction.com](http://www.wiemanauuction.com)

**LEGAL:** The N ½ of the SW ¼ and the SE ¼ of the NW ¼ except 1.5 Acres all in Section 36-96-57, Yankton County, South Dakota

**TERMS:** Cash Sale with a 10% nonrefundable down payment the day of sale and the balance on or before March 1, 2016. A Warranty Deed will be provided. Title Insurance will be utilized with the cost of Owner's Policy split 50/50 between buyer and seller. Full Possession granted at closing for the 2016 crop year. Seller will pay all 2014 and 2015 RE Taxes. Seller will assist buyer in transferring the irrigation permit. Sold subject to confirmation by the owners. Wieman Land & Auction Co., Inc. is representing the seller in this transaction. The seller does not warrant that all fence lines are on the true and correct boundary lines. Sold subject to all easements on record.

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Kenneth Bertsch  
Menno, SD  
605-387-5658  
Attorney At Law  
Closing Agent

Pictures & details at [www.danclarkauctions.com](http://www.danclarkauctions.com)

## LAND LEASE AUCTION

**Three (3) Year Lease of 730 +/- Acres of Crop Ground & Pasture & Hunting Rights**  
Property located in St. Charles Township, Gregory County, SD  
**Monday, January 11, 2016 at 10:00 A.M.**  
This lease auction will be conducted at the Burke Civic Center, Burke, SD

**Owner:** Cedar Ridge Ranch, LLC - Herrick, SD  
Cory Wetzler, Management Member (605) 775-2702

According to the FSA information this lease auction will consist of 187.68 acres of crop & alfalfa ground and 542.32 acres of pasture - all located at Herrick, SD, in St. Charles Township, Gregory County

**Property General Location:** From Burke, SD - 10 miles East on US Hwy. 18, 2 miles North on 352 Ave., turn east on Turkey Vulcher Rd. and go 2 1/4 miles. Watch for auction signs, arrows and flags that mark the property boundaries

There will be an open public showing on Monday, December 21, 2015 from 1 pm till 4 pm.  
To schedule a private showing contact Cory Wetzler (manager) on Cell (605) 830-0221  
For photos, legal description, full terms & conditions at [www.danclarkauctions.com](http://www.danclarkauctions.com)

Any announcements made at the auction take precedence over printed material or prior representation.

**Terms:** This lease is for a term of three (3) years to commence on the 1st day of March, 2016, and end on the last day of February, 2019. On the day of the auction, the high successful bidder, will be required to sign the lease agreement, and pay the first half of the yearly lease payment due for 2016.

*This Auction being conducted by*

**Dan Clark Auction & Realty, LLC**  
Auctioneer & Land Broker: Dan Clark - Winner, SD  
Drone video of the lease property & all of the written information can be viewed online at [www.danclarkauctions.com](http://www.danclarkauctions.com)

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