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Making Your New Year's Resolutions Stick

Are you among the 8% of Americans who made a New Year's resolution last year and stuck to it? If so, congratulations! If not, a new year has begun, and it is full of new opportunities. And there are simple steps you can take to help successfully achieve your wellness goals this year.

Think positive. For example, instead of making your goal to "lose weight," try making it to "eat healthier" or to "exercise more." Positive resolutions will keep you more motivated than negative ones.

Make it measurable. Creating a measurable and specific goal, such as "exercise three times each week after work" instead of just "exercise," will make it easier for you to know when you have accomplished something. And be sure to remember that even the small successes add up in the big picture.

Be realistic. It is not sensible to go from watching television all day to being able to "run a six-minute mile" or "bench press 300 pounds." Something more realistic would be to begin walking thirty minutes each day and gradually increase the time or intensity as you get used to it.

Surround yourself with supportive friends and family. Not only will this keep you working towards your resolution, but it may also make those around you consider making healthier choices as well. In addition, we encourage you to talk to your family doctor before making any lifestyle changes in order to make sure you are doing what is best for your health.



Give Your Resolutions a Healthy Boost

Whatever your wellness resolutions may be, try these tips to help keep you on track.

- **Practice Mindful Eating.** Slowing down and paying attention makes you less likely to eat past full.
- **Attitude of Gratitude.** Reflect on what you are grateful for each day to reduce stress.
- **Take the Stairs.** This will decrease the chance of developing cardiovascular disease.
- **Cool off and Sleep.** Turn your thermostat below 68 degrees before going to bed to improve sleep quality.
- **Take 30 Minutes Out of Your Day to Walk.** If you are busy split this into three ten-minute increments.
- **30 Day Fitness Challenge.** Choose something that challenges you and find motivation to do it.



SOURCES: Thrive Global, Mind Body Green, John Hopkins Medicine

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