

## Creating New Year's Resolutions That Stick

### Resolutions, By the Numbers

As many as **50% of adults** make New Year's resolutions... and **55%** of those resolutions are **health-related**.

**Less than 25%** of people stay committed to resolutions after just 30 days, and **only 8%** accomplish them.

### Don't "Erase" Behaviors... Add Them

People who create resolutions that **add behaviors** rather than erase them are more likely to maintain them for a year.

Instead of phrasing a resolution as "I will quit or avoid..." change it to **"I will start to..."**

### Make it Stick: Tips & Examples

**Choose a specific goal.** Instead of saying "I'm going to exercise," say "I'm going to walk at least 30 minutes for three days a week."

**Create a routine.** Track calorie intake by writing down what you ate for the day right after you brush your teeth at night.

**Start small.** Trying to eat healthier? First replace some of your favorite less healthy foods with more nutritious foods.

**Share your goals.** Having a support system can help you stay motivated and on track. Let your inner circle know your goals so they can cheer you on!



SOURCES: American Medical Association, Forbes, Inverse, New York Post, Nuance Health, Very Well Mind