

Rescue Your Resolutions



CHALLENGE
Take action to achieve your wellness goals

Requirements to complete this HEALTH CHALLENGE™

1. Read “Rescue Your Resolutions.”
2. Create a plan to work on your health and wellness goals daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Oregon resident Sue Sanders was tired all the time. Getting out of bed felt like work. She drank soda and coffee just to make it through the work day.

She ate fast food and treats at her desk or during her commute. In the evening, she ate dinner, drank alcohol, and topped off the night with snacks and a couple hours of binge-watching shows.

And she wasn't happy. Her weight was a problem. Her health wasn't great. And every fad diet she tried followed the same pattern: Lose weight, then gain it all back.

“I was tired of being sick and tired,” says Sue. “I knew I needed to make a change.”

At first, it wasn't easy. There were lots of stops and starts. Good days and bad days. But she decided to work on developing healthy habits...one day at a time.

Healthy Habits Quiz

How much do you know about healthy habits to reach your goals? Take this quiz to find out.



- T F**
1. Sleeping 7 to 8 hours a night can help prevent weight gain and other health problems.
 2. The best way to curb a sugar craving is to gradually cut back on sweet treats and drinks by eating healthier foods.
 3. Losing 3 to 4 pounds per week is a healthy weight loss goal.
 4. The minimum amount of exercise adults need is 150 minutes of moderate exercise a week, plus strength training two days a week.
 5. If you want to quit smoking a combination of nicotine replacement, behavior changes, and a support group works best.

How did you do? Losing 1 to 2 pounds a week is a healthy weight loss goal. Good sleep, healthy eating habits, and regular exercise will improve your health. If you need to make a change, NOW is always the best time to start.

Answers: 1. True. 2. True. 3. False. 4. True. 5. True.

She changed her diet. She made exercise a priority. She swapped fast food for healthier options. She cut way back on alcohol. And she gave up binge-watching shows to spend quality time with family and friends.

And you know what happened? She lost about 100 pounds in a year, and she's kept it off by setting goals and taking action.

Did you wake up on New Year's Day with some big goals in mind? How's it going? The truth: About two-thirds of people who make New Year's resolutions give up within a month. But it doesn't have to be that way. Take the month-long challenge to Rescue Your Resolutions.

Weight Loss strategies for success
<https://tinyurl.com/7outrho>