



10 Ways to Rescue Your Resolutions

You may have had a little trouble sticking to your resolutions in January. But that doesn't mean it's a lost cause. Here are 10 ways to improve your efforts to make positive changes:

- 1 Write it down.** Studies show that people who write down their resolutions are 10 times more likely to succeed than those who don't.³
- 2 Take baby steps.** It's tough to change old habits overnight, so start small. Break your goal down into baby steps and take it one day at a time.
- 3 Find a role model.** Find someone who has already achieved your goal and model their behavior.
- 4 Sleep on it.** Your brain needs 7 to 8 hours of rest to help control impulsive behavior, improve brain function, memory, and decision making.⁴
- 5 Limit stress.** Too much stress makes your brain focus on short-term rewards instead of your big-picture goal. Take a walk, get some exercise, or practice deep breathing to keep stress levels down.
- 6 Eat healthy.** The average person makes over 200 food choices a day. Healthy foods (fruits, vegetables, nuts and seeds, legumes, whole grains) feed your brain and help you feel happier.⁵
- 7 Practice.** It takes practice to turn good intentions into healthy habits. At first it's hard, and you might mess up. But keep trying, and making the right choice gets easier.
- 8 Avoid procrastination.** Adopt a do-it-now approach to working toward your goal. Even small steps will get you closer to your goal than doing nothing.⁶
- 9 Reward progress.** Choose healthy rewards for completing small goals. This can help you stay motivated to stick with your plan.
- 10 Visualize success.** Visualize achieving your goal. Imagine the day you achieve your goal weight or give up cigarettes for good.

6 steps to make exercise a regular habit
<https://tinyurl.com/2p8rp7ny>

SMART Goals Improve Results

When Sue committed to losing 100 pounds in a year, she didn't spend a lot of time worrying about that big number afterwards. Instead, she followed a proven plan using SMART goals to tip the scale in the right direction.²



If you've been struggling with your New Year's resolutions to get healthy, now is a good time to take a closer look at your plan. Pick your goal, and create a plan to make it happen. Your SMART goals should be:

- **Specific: Define your goal** with as much detail as you can. Write it down.
- **Measurable: You need a way to measure your efforts.** Keep a daily or weekly record of things related to your goal, like sleep, calories, weight, and workouts. Use a logbook or try a mobile app.
- **Action-Oriented: To achieve any goal, you need to take action.** Explain what you will do. Break down your goal into action steps you can take
- **Reasonable: Set goals you can realistically accomplish** in a few weeks or months.
- **Time-Bound: Set time expectations.** Have a start date and finish date by which you expect to reach your goal. This gives you a clear target to work toward.

Think about how you'll feel, how you'll celebrate, and how it will change your life.⁷

It's been a little over a year since Sue reached her goal to lose 100 pounds. And she's developed a whole new set of habits to keep the weight off and improve her health and her life in the process, and so can you.

Take another look at your health and wellness goals for the year. If you've strayed from your plan a little since January 1, that's OK. Use this challenge to get back on track. You'll be glad you did.

How to break the sugar habit
<https://tinyurl.com/znqnizm>

References

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