

10 Ways to Reboot Your Resolutions

Ever wonder how some people set a goal and crush it, and others struggle?

It starts before you're standing in front of the buffet table. It starts before you roll over and hit snooze instead of going to the gym. It starts before you're hours into binge-watching an entire TV or movie series, instead of going to bed.

When you make a resolution or set a goal, you're more likely to be successful when you have a way to track and measure your progress.³ Here are some things you can do:

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.



2. Take it one day at a time.

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. Ask for help.

Find someone who has already achieved your goal and model their behavior.

4. Get your Zzzs.

Getting 7 to 8 hours of sleep is good for your health. It's also good for your brain and decision making.



5. Reduce 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 feed your brain and improve willpower.



7. Don't give up. 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. On average, it takes 66 days to develop a healthy habit.⁴

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.

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

4 tips to keep New Year's resolutions
<https://tinyurl.com/txdhhs6>

Follow These 5 Resolutions to Improve Your Health

Ever wonder what you should be doing to improve your health? If you ask Dr. Google or people on social media, you'll get millions of different answers. And that's not helpful.

If you want to improve your health, there's just five resolutions to keep to feel better and live longer, according to a recent study:²

- 1. Eat healthy foods.** Mainly fruits, vegetables, whole grains, nuts and seeds, legumes, and plenty of water.
- 2. Exercise.** Be active at least 30 minutes a day.
- 3. Maintain a healthy weight** or lose weight if you need to. A Body Mass Index of 18.5 – 24.9 is a normal or healthy weight for adults.
- 4. Don't smoke,** or quit if you do. Even if you quit after years of smoking, your health improves.
- 5. Avoid or limit alcohol.** No more than one drink per day for men. No more than two drinks per day for women. Zero if pregnant.

What are your healthy resolutions? These top five are important. But other healthy goals may include things like save money, improve relationship, reduce stress, or improve sleep. If you're already wavering a bit on your resolutions, *now* is always the best time to get back on track and reboot.

Simple habits for healthy weight loss
<https://tinyurl.com/wgovzw1>

References

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