MAINTAIN DON'T GAIN

MAINTAIN YOUR WEIGHT DURING THE HOLIDAYS

DON'T JUST RESOLVE…TAKE ACTION

YOU CAN DO IT

It’s that time of year again—the time when we resolve to lose weight, get in shape, save money, manage stress, go back to school, spend more time with family and friends, and have more balance in our lives. The list goes on and on.

Not fulfilling New Year’s resolutions is as common as making them. We’ve all done it—set unrealistic goals, broken them a few days later and then felt guilty for not accomplishing them. There is something about a New Year, a new beginning and a fresh start that encourages us to make resolutions. So why can’t we keep them?

Even if our past resolutions only lasted a few days or weeks, this year can be different. Most resolutions tend to be too vague. Vagueness, coupled with lack of action, doesn’t lead to success, which is why many of our resolutions only last a couple of weeks. For resolutions to succeed, they must be meaningful, reasonable and well-thought-out. And most of all, to make resolutions that will “click and stick,” they must be action-oriented.

If you’re not ready to make a lifestyle change on January 1st, resolving to do so could set you up for failure. Give yourself time to think about what you really want to change. The beginning of the year is not the only time to make resolutions. Each day can be the start of a new year…and a new you! The first step is to believe in yourself and believe that you CAN do it!

A New Year’s motto: This year I will take action to stick with my New Year’s resolutions. I can do it! I believe in me!
SEVEN RESOLUTION SOLUTIONS

Here are seven strategies for making resolutions that you can accomplish:

• **Stop and really think about the resolution you are making.** Is it important? Why are you making it? Is it something that you truly want to do or change?

• **Have a strong, initial commitment to make the change.** Change won’t happen by chance. It takes commitment, dedication and planning. If your commitment is waffling, you should delay implementing your plan and work on your commitment and motivation.

• **Be realistic.** Setting unrealistic, lofty goals is a sure way to start the New Year off on the wrong foot...with failure dead ahead. Be 100 percent sure that you can actually do, and follow through with a goal or resolution before making it. If you have any reservations, rethink your goal.

• **Be specific.** Think of the who, what, where, when, how and why of your resolution. General goals, like “to get healthy,” are too vague to even know where to begin. What will you do to get healthy? How will you do it? What does “healthy” mean to you?

• **Develop a plan of action for achievement.** It’s important to have a “how to” plan.
  1. Identify what you want to change.
  2. Develop a plan for making the change.
  3. Put the plan into action.
  4. And, practice, refine and work on maintaining your plan. If it’s a resolution that you value, you’ll find a way to make it work.

• **Make group resolutions with family or friends.** Support is invaluable when trying to make resolutions. When you’re in the same frame of mind as others, it increases your chances of success. No man is an island.

• **Don’t wait until the last minute to make your resolutions.** If you wait too long, it’s the beginning of February and you’ll decide that it’s too late. Strike while the iron is hot, and take advantage of motivation that normally accompanies the New Year.

SIX GREAT REASONS TO GET ACTIVE IN THE NEW YEAR

If you’re looking for motivation to begin a physical activity program this year, compare your resolutions to the benefits of regular exercise. Do you see any common themes?

According to the U.S. Surgeon General’s Report on Physical Activity and Health, physical activity:

• Reduces your risk of heart disease, high blood pressure, colon cancer and diabetes.
• Helps build and maintain healthy bones, muscles and joints.
• Improves your stamina, strength and flexibility.
• Reduces symptoms of anxiety and depression.
• Helps you manage your weight, develop lean muscle mass and reduce body fat.
• Promotes improvement in mood and feelings of well-being.

**DON’T MISS THE K.I.S.S. FACTOR. KEEP IT SIMPLE**

Sometimes the best plans are the simple ones. Take an honest look at what you’re eating, and eat less. Then look at how much you’re exercising, and exercise more. It really is that simple.
REALISTIC RESOLUTIONS
TO IMPROVE YOUR HEALTH AND HELP YOU MAINTAIN NOT GAIN ALL YEAR LONG

- Switch from refined grains to whole grains like whole wheat bread and whole wheat pasta.
- Eat at least one additional serving of fruits and vegetables every day.
- Make it a habit to fill your plate only once. Here’s a simple rule: one stomach, one plate!
- Take a daily multivitamin and calcium supplement.
- Be physically active for at least 15 extra minutes on a daily basis.
- Set aside five minutes every day to practice deep breathing.
- Give to others… just for the sake of giving.
- Find at least one thing to be grateful for daily.
- Smile and laugh more.

The key to achieving what you want is to take action!

STRIVE FOR A “REGRET-FREE” HOLIDAY SEASON
You will never regret exercising during the holidays… or eating healthfully and in moderation… or doing something nice for someone… or reaching out to help others.

You will regret being inactive and overeating… or not thinking of others… or spending the holidays stressed out!

It’s your choice. Make it a “regret-free” one.

“I’ve learned that the resources we need to turn our dreams into reality are within us, merely waiting for the day when we decide to wake up and claim our birthright.”

— Anthony Robbins, American Author/Success Coach