

WELLNESS RESOLUTIONS:

How to Follow Through and Achieve Your Goals

The New Year is a convenient time to reflect on changes you want to make to live healthier. Do you want to spend more time with your family and friends? Get more physically active? Eat healthier? Quit smoking? Get organized? Get out of debt? Enjoy life more?

Here are some tips from the American Council on Exercise (ACE) to help you reach your goals:

Set Realistic Goals.

Make resolutions that are doable for you. If you want to exercise five times a week, but haven't done it in the past, set your goal to exercise twice a week.

Take Small Steps.

Set small goals you can achieve more quickly in the interim that work toward your overall goal. These will give you a more immediate feeling of success. Be specific. Rather than "I will exercise more," try "I will go for a walk at lunch on Tuesdays and Thursdays."

Write Down Your Resolution and a Realistic Action Plan.

Try to make your plan as easy as possible for yourself.

Change for Yourself.

Look at your resolutions as positive changes that will help you live healthier and happier. Don't decide to change to please anyone but yourself.

Use Positive Language.

Talk to yourself positively and develop a "can-do" attitude.

Find a Realistic Role Model Living Your Goal.

If they can do it, so can you!

Anticipate Roadblocks and Rebound From Set-Backs.

If things come up that prevent you from sticking to your plan, make alternate plans for situations you cannot avoid. See how you can get back on track as quickly as possible and do better next time.

Track Your Progress Periodically.

Try once a week.

Build a Support Team.

Get support from your family, friends, and co-workers to encourage you when your resolve weakens. If your resolution involves quitting a serious addiction like smoking, drinking, or an eating disorder, get professional help and join a support group if possible.

Celebrate Your Successes.

Reward yourself when you meet your smaller goals, as well as celebrate when you achieve your resolutions.

Appreciate what you have and build on it for a healthier lifestyle.

