



## ***Sticking With Your New Year's Goals***

Most Americans use the start of the New Year to get their health back on track. If you're like the rest of us, we tend to lose motivation when we don't see results quickly.

Looking for ways to stay on track and make your healthy habits stick? Here are the best strategies for resolution success:

- ***Put your goal in writing:*** Write down your goal, why it's important and track your results. When it's on paper, your progress over time will be clearer.
- ***Slow and steady wins the race:*** If your goal is lofty, set smaller goals that support your overall objective. For example, if your goal is to lose 50 pounds, aim to lose one-half to one pound of weight per week. Remember, it takes time to reverse habits and see results.
- ***Schedule time for your goal:*** When an activity isn't planned, it often doesn't happen. Schedule time each day for activities to reach your goal; as you would any other important meeting or event.
- ***Brace yourself for roadblocks:*** Assume that glitches will come up and your motivation may falter when they do. Have a back-up plan for days when your plans might be challenged.
- ***Seek support:*** Having people around you who understand and support your goals can make all the difference.
- ***Make it fun:*** Change can be challenging, but it doesn't have to be all pain and no gain. You are more likely to stick with a goal if you are enjoying the journey ??? try out new healthy recipes and foods, change up your workout, pick out new running shoes, etc.
- ***Treat yourself:*** Rewards help you stay on track and provide the motivation you need for long-term commitment. Treat yourself each day for accomplishing activities that support your goal. After an intense workout, take a relaxing shower or bath, or enjoy a healthy smoothie. Also, pick something substantial that you'll reward yourself with once you've accomplished your overall objective.