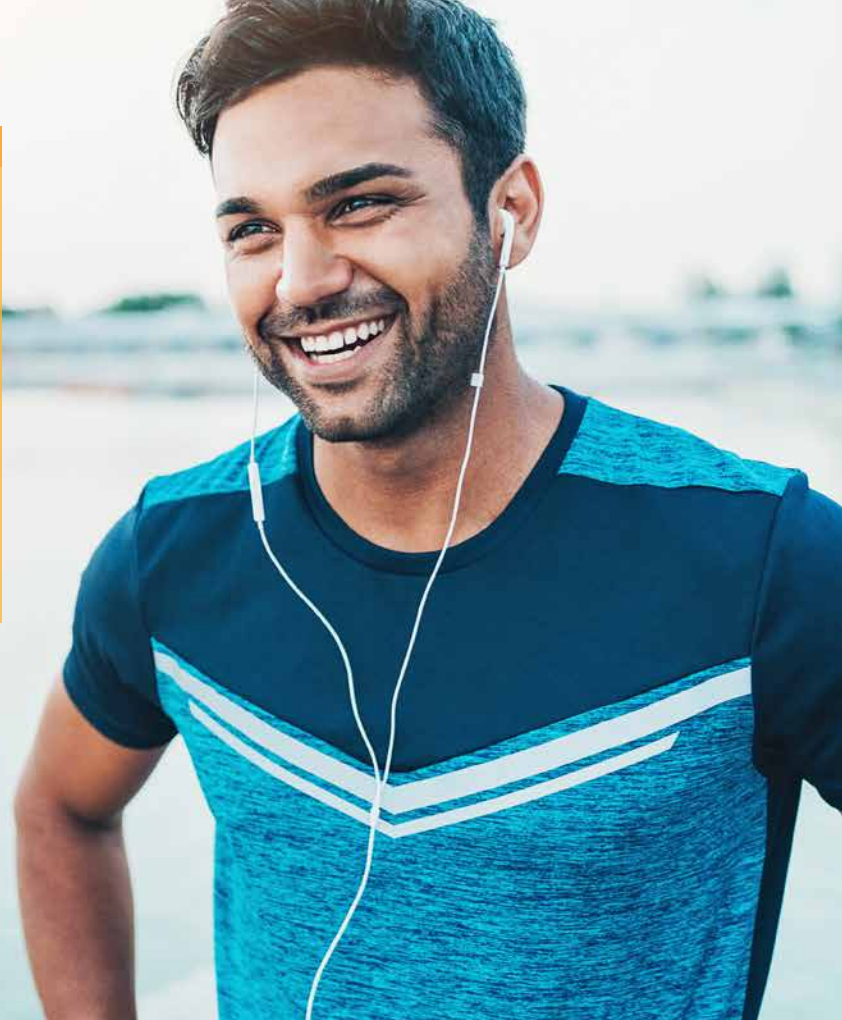


Resolve to Improve Your Health



A new year means a fresh start on achieving your goals. And New Year's resolutions to improve health really do work. In one study, “resolvers” were about 10 times more likely to make lifestyle changes than “nonresolvers.”

If you've tried and failed to lose weight, eat better or break a bad habit in the past, don't lose confidence. Learn to see your mistakes as opportunities to learn. Every time you fail to reach a goal, take time to find out what held you back. Remind yourself that even if you fail at a task, that doesn't mean you are a failure. Then get right back on track!

Set yourself up for success by making realistic resolutions:



Look inward. Set goals that truly matter to you. You should be making changes to please yourself—not someone else.



Think small. Break down large, difficult goals into smaller ones that are easier to keep. For example, if you've been inactive but want to get fit, start by vowing to take a 10-minute walk three days per week.



Make it fun. For example, if you're trying to eat healthier, try one nutritious, new-to-you food each week.