

# JANUARY WELLNESS

## NEW YEAR'S RESOLUTIONS



Each year, many New Year's Resolutions center around topics of wellness. Often the resolutions are to lose weight or exercise more. CNN Health shared an article on the effectiveness of making New Year's Resolutions.

The article reports that University of Pennsylvania research shows that one week into the new year, just 77% of resolutions are still on track, and after 6 months, only about 40% are still on course.

One of the ways to be in that top 40% after 6 months, is to ensure that your resolutions and goals that are ***specific & attainable.***

Another way to make a new resolution, or a new habit, is to ***disrupt the environment*** where the bad habit was occurring. Learn more about this by clicking on the link below and watching the short video attached to the article.

Here are 5 of the 21 achievable New Year's Resolutions that are suggested in the article.

- **“Reboot Your Diet”**

Evaluating, and making many necessary changes, to the status of your nutrition is a great New Year's Resolution. However, to make it achievable, remember that taking one step at a time will be more attainable than trying to change everything at once. To stay on track, try choosing one means of improving your diet at a time.

- **“Do A Kitchen Cleanse”**

Go through your kitchen cabinets, refrigerator, car and office, and get rid of all unhealthy food products. Replace them with healthy options.

- **“Take It A Week At A Time”**

For goals such as running or exercising 3 times per week, try breaking it down weekly. You will be more apt to stick to your plan if you schedule exercising 3 times this week. Then, at the end of the week, you can schedule exercising 3 times per week again.

- **“Take A Time-Out Daily”**

Craving out just 10 minutes per day can make a difference. Try using this small amount of time to rest and rejuvenate by focusing on your breath, listening to soothing music, or simply disconnecting from the distractions around you.

To learn more about these goals, and see the additional resolutions listed in the article, click here:

[21 Achievable New Year's Resolutions for Your Health](#)

*Happy, Healthy New Year!*

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**West Suburban Health Group Website:** [westsuburbanhealth.com](http://westsuburbanhealth.com)

**Health Provider Websites:** Fallon: [fchp.org](http://fchp.org) Harvard Pilgrim: [harvardpilgrim.org](http://harvardpilgrim.org)