

JANUARY WELLNESS:

HOW TO MAKE HEALTHY RESOLUTIONS THAT STICK



Healthy resolutions are a good way to start the new year by being mindful and making good intentions towards wellbeing. However, it is common knowledge that most resolutions are not kept throughout the full calendar year. In fact, an article through the National Foundation for Cancer Research indicates that actually many resolutions are failing by the start of February.

However, Brittany Ciupka, the author of the article “Get Healthy in the New Year: How to Make Resolutions that Stick”, offers suggestions that can help make health-oriented resolutions successful. Here are 4 common health-minded resolutions, with tips towards success for each of them:

1. “Reduce smoking and drinking”

A good start to success would be rewording the resolution from “quitting” to “reducing”. With the intention of reducing the amount of smoking or drinking that is currently occurring, there is a higher rate of success. It will be more reachable, and it is a good starting point towards becoming more healthy. This makes the goal more realistic, measurable and achievable. The specific examples given in the article are: reducing consumption of alcohol to one night per week, and reducing the number of cigarettes you smoke in one month by half the number.

2. “Have a fruit and vegetable heavy diet”

If your goal is to eat healthier this year, try to stay away from fad diets or crash diets. Instead choose one or two specific nutrition goals that are measurable and achievable. Examples in the article include: being mindful of portion sizes, and being sure to consume a “rainbow of fruits and vegetables” in your diet.

3. “Set an exercise goal”

If your goal is to lose weight this year, try setting a realistic exercise goal that does not lead to burn out within a short amount of time. Try creating a goal that you can stick to, and that offers strength building and balance through a cross-training schedule. The example goal given in the article is: commit to exercising 2 or 3 times per week.

4. “Prioritize health”

Goals for health beyond exercise and nutrition include commitments such as visiting your doctor and getting recommended health screenings and health checks. Choosing some goals that make sense for your health can be measurable and achievable. The small goal given as an example for prioritizing health is: apply SPF each day.

Beginning with smaller, achievable goals will be a plan for success. And, if wanted, these achievable goals can be built upon throughout the year. Enjoy a happy and healthy 2024.

To read the article, click here: [Get Healthy in the New Year: How to Make Resolutions that Stick](#)