

JANUARY WELLNESS: HEALTHY RESOLUTIONS



Each year, healthy resolutions are made by many. Thoughtful planning of these resolutions can help ensure that they are successfully carried throughout year. Think about the healthy lifestyle goals you may have and begin the planning of your journey.

First, if there will be significant changes to your exercise or health routine, be sure to discuss your plan with your healthcare provider.

After choosing an achievable goal, *which is significant to you*, begin to make your structured plan towards success. Here are some tips from the Mayo Clinic:

1. Create a clear vision of what it will look like after attaining this health goal. Begin with a broad statement of what your goal will be. From that broad statement and vision, narrow it down to one short, concise, clear statement. Your one-line statement should include what you want and why you want it. An example given in the article is: *"I want to be physically fit, so I am no longer out of breath."*
2. *Acknowledge all motivators for your healthy change and then identify which will motivate you the most towards continual action. These motivators are personal and individualized. For example, you may want to stay in shape in order to play with your grandchildren or your personal motivator may be to exercise to reduce blood pressure. Find the motivators that matter to YOU.*
3. Before making the change, take time to reflect on your lifestyle now and how this change can work. Be honest with yourself about the timing of the change and the time commitment involved for the plan. Adjust accordingly.
4. Create SMART goals to set up for success. SMART goals are: specific, measurable, achievable, relevant and time-framed.
5. Keep it simple. Focus on small, achievable goals along the way to your overall accomplishment. These small goals build upon themselves and help you along the way to your main goal.
6. ENJOY your healthy resolution! Add fun and enjoyment into the process of implementing a healthy change.
7. Implement strategies to keep your resolutions going. These strategies can include: building a network of friends and family to join you or support you along the way, recording your progress and successes along the way, celebrating when you reach the short-term and long-term goals throughout your journey and maintaining confidence and positivity along the way. You can do it!

For additional information on these tips towards healthy resolutions, click here:

[**Crafting Healthier Resolutions: Setting and Achieving Your Goals**](#)