



KEYS TO BETTER HEALTH™



KEEPING YOUR NEW YEAR'S RESOLUTIONS

If you tend to set New Year's resolutions but have a tough time keeping them, you are not alone. Many people set goals at the beginning of a new year, often planning to lose weight or eat healthier foods,¹ but very few people are successful at keeping such resolutions.² We want to help you succeed in 2018. Whatever your goal is, here are some tips to help you make and keep your resolutions:

- **Set SMART Goals**

Set goals that are Specific, Measurable, Attainable, Realistic, and Time-based.³ Set a specific goal and stick to it, i.e.: How many pounds do you want to lose? How many days per week do you want to exercise? Have a timeline to keep yourself motivated and on track. Be honest with yourself about what you're able to do. If your goal is large, break it in to smaller goals, setting time lines for each.



- **Reward yourself**

Are you craving new workout gear, a spa day, or a night at the movies? Decide on something that you'd enjoy having or doing, and make that your reward for achieving your goals.

- **Track your progress**

It is very motivating to see progress as you work hard to reach a goal! Track your progress using whatever works best for you, whether it's a grid, photos, check list, or other tracking system. Place your progress tracker where you will see it often, so it will encourage you to keep up the good work.

- **Be kind to yourself**

Make sure your goal is positive and healthy. Be gentle with yourself if you get off track, but make sure to get right back on. Try your best to make the process fun and uplifting.

- **Know your weaknesses**

As you set your goals, it is important to identify potential setbacks. Think about what might cause you to fail, and come up with ideas to overcome those obstacles before they are even an issue. Jot down some ideas to encourage yourself, and look back at them when you're facing a hurdle or becoming discouraged.

- **Assemble a support team**

Make sure you have people around you who will support you and encourage you along the way. If you have a spouse, partner, or children, involve them in the goal when possible. It is always better to have accountability partners!

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

Sources:

1. New Years Resolution Statistics. <http://www.statisticbrain.com/new-years-resolution-statistics/>. Statistic Brain. Accessed October 17, 2017
2. Just 8% of People Achieve Their New Year's Resolutions. Here's How They Do It. <https://www.forbes.com/sites/dandiamond/2013/01/01/just-8-of-people-achieve-their-new-years-resolutions-heres-how-they-did-it/#e793174596b2>. Forbes. Accessed October 17, 2017
3. What is a SMART Goal? <http://www.smart-goals-guide.com/smart-goal.html>. Smart Goals Guide. Accessed October 17, 2017

