January 2015

Start Your Year off *Light*

*Making New Year’s resolutions can always be tricky. It’s important to stop trying to overhaul your entire dietary and exercise routine in one day. Try to think of small goals that you can focus on one step at a time.*

**10 Tips to Help You Keep Your New Year’s Resolution**

1.) Be realistic – it’s easy to fall short of your goal if your goal is unattainable so strive for a short term goal that is attainable.

2.) Plan ahead – think through your goals and plan ahead.

3.) Outline your plan – decide how you will deal with the temptation to skip your goals.

4.) Make a “Pros/Cons” List – this will allow you to see the items on paper and help keep your motivation strong.

5.) Talk about it – don’t keep your resolution a secret; this will allow family and friends to give support.

6.) Reward yourself – celebrate your success by treating yourself with something you enjoy and make sure it doesn’t contradict your resolution.

7.) Track your progress – always keep track of each small success and keep in mind that short term goals are easier to keep and accomplish.

8.) Don’t beat yourself up – obsessing over the occasional “slip up” won’t allow you to meet your goal; acknowledge the “slip up” and move forward.

9.) Stick to it – experts say it takes 21 days for a new activity to become a habit.

10) Keep trying – don’t give up!

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**Kids’ Corner**

*Healthy New Year’s Resolutions for Kids*

**5-12 years old**
- Drink skim milk and water daily
- Find a sport or an activity that they like
- Always wear helmet when riding bike
- Be friendly to other kids
- Talk to a parent or trusted adult when a problem develops
- Follow household rules for videogames and internet use

**13 years old and older**
- Eat two servings of fruit and three servings of vegetables daily
- Exercise for 30 minutes per day, at least 3 days per week
- Drink water and skim milk daily
- Choose non-violent television shows and video games
- When angry or stressed out, take a break and find helpful ways to deal with the stress or anger
- When faced with a difficult decision, talk to a parent or trusted adult
- Resist peer pressure to try tobacco, cigarettes, drugs or alcohol
- Agree not to use cell phone or text message while driving and always wear a seatbelt
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5 Important Dietary Resolutions

- Go slow – any diet change is easier if you take it slow.
- Increase water intake.
- Increase produce with every meal.
- Tackle mindless eating – pay attention and look at the foods you are eating.
- Stack the odds in your favor – buddy up with a friend or family member, try to avoid temptations and socialize with non-food events.

*You should consult with your physician or other health care professional before starting an exercise or diet regimen to determine if it is right for your needs. This is particularly true if you have a history of high blood pressure, heart disease, or if you have experienced chest pain.*