



Cheers to a Healthy New Year!

Take Action. Taking the first step is always hard; however take the initiative to jump start the New Year right. Whether it's clearing out unhealthy snacks from your pantry, locating a fitness center, or rekindling a relationship with a relative, make a plan of action to make that goal into reality.



Find the Perfect Balance.

Set Realistic Goals. To avoid falling short on your New Year's Resolution, simply set achievable goals. Completely giving up a favorite comfort food may be difficult for some. Instead, target a goal that is more obtainable, such as not consuming those foods as much as you do now.

GOAL SETTING

S

Specific

T

Time-Relevant

R

Realistic

O

Optimistic

N

Necessary

G

Go-Getter

Set **STRONG** Goals.

Chart your Progress. A new year's resolution is about setting both short-term and long-term goals. Maintaining a daily journal where you can input your thoughts and daily activities allows you to measure your progress through making small changes towards reaching that final goal.