



Nutritional New Year's Resolutions

At the *ring* of the New Year many of us will resolve to lose weight, start exercising and eat healthy. BUT.... By the next day, week or month most of us will have given up trying. So how do you keep yourself from becoming a resolution dropout?


KEY: Set specific and measurable goals

5 Tips to Keeping Your Goals:

1. Be specific and write them down:
 - your goal should be measurable and provide you direction
 - Post them in places where you will see them!
2. Enlist a partner and go public:
 - A positive support system serves as a great reminder and encourages you to keep moving towards your goals.
3. Keep track of your progress. Check out various phone apps so you can quickly look up and log all food, drinks and exercise.
4. Forgive yourself for not being perfect!
5. Reward yourself. Pick a reward other than food. Write down your reward next to your goal.



Need Some Ideas:

- 🔄 **Start Fresh:**  Clean out your pantry, refrigerator and freezer. Have healthier snacks and treats available like cut-up veggies, fresh fruit, low-fat cheese, yogurt.
- 🔄 **Snack Smart:** snacking can control your hunger, ensure you have included some missed foods (fruits/ veggies). Plan for them!
- 🔄 **Eat Breakfast Every Day:** Skipping breakfast leaves you vulnerable to afternoon cravings. Fill up with protein and fiber to keep you moving along.
- 🔄 **Practice Portion Control:** Even if you are selecting and eating healthier options, too much of a good thing doesn't make it better!
- 🔄 **Stay Hydrated:** Hunger can be confused with thirst. Grab some water before food and drink up! Also be wise with your beverage choices. 100% juice is a great hydrator but also high in calorie for the amount most people drink.
- 🔄 **Plan:** pack lunch, snacks and drinks and take them on the road. Being prepared with your food and drinks keep you from stopping to grab "whatever" is close by.
- 🔄 **Get Physical:** The more you move, the more calories you burn. Try to stay on your feet as much as possible. Check out the on-demand exercise videos and create your own gym at home.



It's a New Year and New You !!