

# 01 Healthy Resolutions Month

## HEALTHY TIP SHEET - JANUARY



### Want More Information?

Visit [www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com) for additional health and wellness information and to take the Monthly Health Challenge – Rescue Your Resolutions.

### 10 Ways to Stick with Your Resolutions

- 1 Write it down.** People who write down their goals and resolutions are 10 times more likely to succeed at them.
- 2 Take baby steps.** Break your goal down into small steps and take it one day at a time.
- 3 Find a role model.** Find someone who has achieved your goal and model their behavior.
- 4 Sleep on it.** Your brain needs at least 7 to 8 hours of rest to help control impulsive behavior.
- 5 Limit stress.** Stress sometimes makes us focus on the now instead of our big-picture, future goal. Take a walk, get some exercise and practice deep breathing.
- 6 Eat healthy.** The average person makes over 200 food choices each day. Healthy foods feed your brain and improve your will power.
- 7 Exercise willpower.** It takes practice to turn good intentions into healthy habits. At first it's hard, and you might have some missteps. But keep trying – making the right choice gets easier.
- 8 Avoid procrastination.** Adopt a "do it now" approach to your goal. Even small steps will get you closer to your goal than doing nothing.
- 9 Reward progress.** Choose healthy rewards for achieving small goals.
- 10 Visualize success.** See yourself achieving your goal. Imagine the day you achieve your goal weight or give up cigarettes for good. Think about how you will feel, how you'll celebrate, and how it will change your life.

Source: Wellsource, Inc. *Rescue Your Resolutions*

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.



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