

# January: Resolutions that Last

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Thinking about making a New Year's resolution, but worried about keeping it? Good intentions alone



aren't enough. So what can you do this New Year to make changes that last? This year make your goals **SMART**, as in Specific, Measureable, Attainable,

Realistic, and Timely. Be specific and think about "W" words: who, what, where, when, and why. To help make your New Year's resolutions stick, check out these tips.

## Tips for Resolutions that Last:



**Make them measureable.** Make your goals this year measureable by setting criteria for knowing whether you've reached your goal. Ask yourself how you will measure progress and if your goal is attainable.

**Break up larger goals into smaller ones.** Have you ever made a bunch of resolutions, but been overwhelmed with trying to make changes? It's easy



to get discouraged with big goals that don't have any payoff in the short-term, so it can help to break up a larger goal into smaller ones.



**Put your goals on a timeline.** Make sure your goals are realistic and that they are something you are willing and able to work toward. Also, do you have a time frame? Push yourself forward by setting a date for smaller and larger goals.

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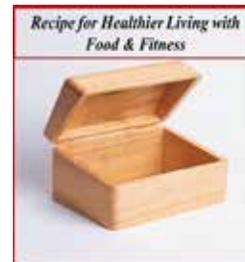
Know how. Know **now.**

**Reward yourself in healthy ways.** Want to set a New Year's resolution, but have trouble staying motivated to make changes? One way to stay



motivated is to reward yourself when you reach "mini" goals or milestones. Avoid using rewards that are not in line with your resolution; reward yourself with something that reinforces your new habit such as a health or fitness magazine subscription or fitness equipment.

**Looking for a program to help?** Finding the right ingredients for staying fit and healthy can be challenging, which foods to eat more of, which to eat less of? How much physical activity is required



and what kind? Helping people find that recipe for success is the goal of a seven week, on-line program sponsored by UNL Extension called "Recipe for Healthier Living with Food & Fitness." Early registration runs until January 22<sup>nd</sup> and

space is limited so check out class details and look for classes forming near you at [http://food.unl.edu/web/fnh/food\\_fitness](http://food.unl.edu/web/fnh/food_fitness).

This year remember to make your New Year's resolutions specific, measureable, attainable, realistic, and timely. By applying these concepts and techniques you can reduce the chances of feeling overwhelmed, anxious, or losing motivation. If you are looking for a program to help you reach your goals for 2013 check out UNL Extensions' *Recipe for Healthier Living with Food & Fitness* at



[http://food.unl.edu/web/fnh/food\\_fitness](http://food.unl.edu/web/fnh/food_fitness) or scan the QR Code with your smartphone or other electronic device to go straight to the website.



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## Additional Resources & Links:

- **Food Reflections.** Wishing you healthy, happy New Year.  
<http://food.unl.edu/web/fnh/healthy-newyear>
- **Walk Nebraska Newsletter.** Set SMART goals for motivation and accountability.  
<http://walknebraska.org/post/pdfup/SetSMARTGoals.pdf>
- **Your Super Bowl Game Plan for Healthy Eating.** Develop a winning Super Bowl “food game plan” by thinking like a football player on the playing field. Only, instead of the opposing team, your field is filled with food and refreshments.  
<http://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm083744.htm#TheJoy>
- **UNL Extension Calendar – National Food Days, Weeks, and Months for January.**  
<http://food.unl.edu/web/fnh/january>
- **Taking Action: 10 Steps for Healthy Weight Management in Adults.** This publication describes how whole grains, low-fat dairy products and other foods, and physical activity, can help achieve health and weight goals.  
<http://www.ianrpubs.unl.edu/epublic/live/g2085/build/g2085.pdf>

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**Updated:** December 2012