

## **Happy New Year – Happy New you!!!**

### **10 tips for a healthier 2010**

The New Year is already upon us and you will not find yourself alone if you are putting last year's resolution to start an exercise program and to eat healthy back on the list for 2010! This year make it a resolution you keep by following these simple tips that make healthy living a lifestyle change.

- **Make a contract with yourself**

Decide that you are going to make a change, tell yourself you want to make that change and write it down, date it, sign it and post it somewhere you will see it every day. If you are not committed to something mentally, you will not succeed physically.

- **Tell everyone!**

Let your friends, family and coworkers know you are starting an exercise program – If you have a Facebook page, post it, if you twitter then tweet about it. We tend to do better, push harder and stick to it if we think people are watching – it will also help to have encouragement.

- **Baby steps**

Start with an obtainable goal and build on that goal. For example, if you say “I'm going to walk for 15 minutes, 3 days a week”, you will be surprised how quickly the frequency and duration increases, and how good you feel about yourself for reaching the goal.

- **Journal**

Make yourself accountable by writing a food and/or exercise journal. It doesn't have to be long and complicated, but by logging what you have done not only are you less inclined to eat that banana split, but you can look back in 6 months and see just how far you have come.

- **Partner up and make a date**

Arrange to meet a friend, sister, spouse for a walking lunch or after work stroll. A brisk 20 minute walk can wash away cobwebs and invigorate, it's a great way to catch up with a friend and to stick to it. If you have set a time to meet someone, you are more likely to do it than if you decide to do it alone.

- **Allow yourself a treat**

Allow yourself something as a treat each day, just do so in moderation. If you desperately want that snickers bar have a snack sized one not the king size! Telling yourself you can't have something makes it the forbidden fruit and all the more tempting – just know your limits!

- **Water, Water, Water!**

Stay Hydrated, often people mistake thirst for hunger. A good basic rule is the 8x8 rule (eight, 8 ounce glasses a day). For soda drinkers, a regular soda can have up to 320 calories!!! (If you drink 4 a day, that is pretty much your calorie allowance). Remember, water has no calories.

- **Make it Fun**

Exercise does not have to be torturous – try something fun like dancing, ice skating, cycling or swimming – join the kids and play! (You can burn over 300 calories an hour dancing!)

- **Schedule it**

Block off time for yourself on your calendar, Blackberry or desktop organizer each day – use this time to do something just for you – walk, stretch, or simply calm your mind and practice deep breathing. Stick to this as you would any other appointment. Learn to appreciate yourself and take care of you.

- **Surround yourself with good role models**

Peer pressure can be a plus! If you are with people that follow a healthy lifestyle or who want to make the changes as you do, you are more likely to succeed.

Just remember how important you are, we are only given one body – look after it and it will look after you. A recent Harvard study stated that women who weighed the same at age 55 as they did at 18 were 82% less likely to develop a chronic disease or illness!