

10 Tips to Help You Achieve Your Health Goals This Year

- 1. Find Your Motivation:** What is motivating you? Get clear about what you want, and then use that to inspire you throughout your journey.
- 2. Have a Plan:** If you were to go on a long road trip, you wouldn't just jump in the car and go. If you did, you'd arrive hungry, tired, and fatigued. That's the same way you'd feel if you jumped into a whole new lifestyle with no planning.
- 3. Make Goals:** Goals help measure progress. If you don't know where you want to end up, you won't really know how to get there. When making your goals, you need to make SMART (Specific Measureable Attainable Realistic Timely) goals. For example, a SMART goal would be, "I will walk for 15 minutes 3 days for one week."
- 4. Track What You Eat:** Looking closely at what you eat is often an eye-opening experience. You don't have to do it for the rest of your life, but it is a great habit to start. Tracking will help you tweak your diet so you can still enjoy foods you love without sabotaging your healthy eating efforts.
- 5. Use Reliable Resources:** It may be tempting to try a fad diet, but these are usually unrealistic, difficult to maintain, and sometimes even dangerous. Instead, find a reliable source of information to help you understand nutrition, such as a registered dietitian.
- 6. Eat Breakfast Every Day:** Surely you've heard that breakfast is the most important meal of the day. It is! Eat a big healthy breakfast as early as possible. It will give you more energy, lead you to make healthier choices during the day, and keep you feeling full so you eat less later on.
- 7. Fill Up on Vegetables:** Vegetables are filled with nutrients, water, and fiber. Fill half of your plate with vegetables, you'll get fuller faster and cut down your calories.
- 8. Exercise:** In order to burn calories at a faster rate and build a healthy body, you'll need to incorporate exercise into your life. Take it slow at first, and then increase your time and/or intensity once you feel comfortable. If you haven't exercised in a while, talk to your doctor.
- 9. Take It Slow:** A major mistake many people make when trying to tackle a health resolution is trying to do everything at once. Instead, spend a few weeks just trying to achieve 1-2 goals at a time. When you have established new good habits, put a couple more goals on your plate.
- 10. Be Prepared for Lapses:** It is important for you to take a moment to recognize that you got sidetracked. Every day is a new chance to start over and return to your healthy lifestyle.

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