

HAPPY,
New Year

New Year Resolutions

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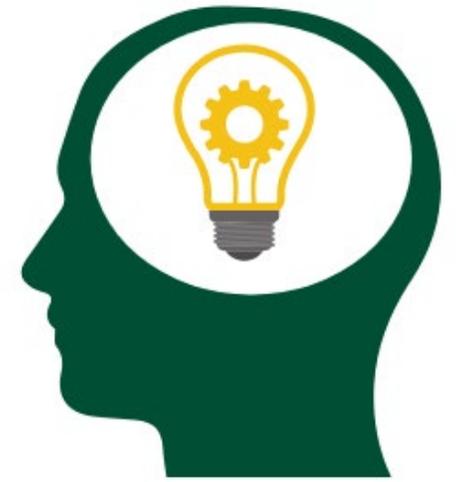


The Struggle

- Many people have difficulty sticking to New Year's resolutions.
 - Why do you think we struggle?
 - Where do we go wrong?
 - Who can help?



Brainstorming



- ❑ Where do we go wrong?
 - Setting a goal you don't really care about.
 - Setting a goal you aren't ready or able to work on.
 - Setting too many goals at once.
 - Setting goals that are too big.
 - Setting a goal that isn't specific enough.
 - Not telling someone about your goal.

- ❑ Thinking through these pitfalls and putting a plan in place will help set you up for success!

Who Can Help?

- Letting others know you are working on a health goal will help keep you accountable and motivated.
 - This also give others the opportunity to support and encourage you!

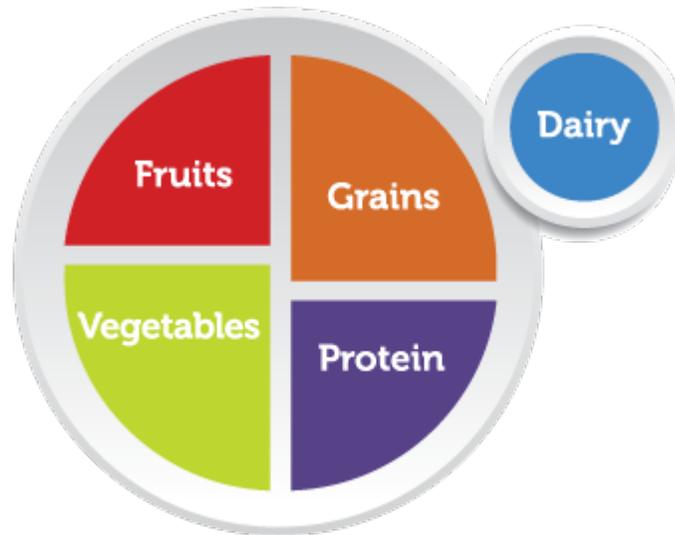
- Leading through example is a great way to encourage and provide support others.
 - Being a role model can also be a motivator to help you stick to your new healthy habits.
 - **Stay positive!** Even if you struggle to work in physical activity or to finish your veggies, set a good example – your behavior influences your family and friends!

Nutrition Tips

- Have regular meals throughout the day that include a variety of nutrient-rich foods.
 - Skipping meals or undereating will likely lead to overeating!
- Healthy meal habits
 - Try starting the day with a healthful breakfast, such as oatmeal with fruit, nuts and low-fat milk or yogurt.
 - Encourage balanced choices at lunch or help pack a healthy lunch to take to work or on the go.
 - Promote a supportive environment and have a family meal for supper at least a few times a week.

Nutrition Tips

- ❑ Encourage a healthy eating style by following MyPlate recommendations at meals.
- ❑ Aim to make half your plate fruits and vegetables, a quarter grains, a quarter protein, with a serving of low-fat or fat-free dairy.



Health Tips

- ❑ Remember to put the focus on health, not weight.
- ❑ Avoid making comments about your weight can overemphasize looks and undervalue health.
- ❑ Ask yourself:
 - How do I feel now?
 - Do I have more energy?
 - Do I have less pain?
 - Are my blood sugars better with these healthy changes?
 - Am I sleeping better?
 - How is my stress level?
 - Do I have more strength, flexibility, endurance? Are things easier to do now?
 - How do I feel overall?

Fitness Tips



Get active!

Everyone has to start somewhere. Start where you are and don't compare yourself to others – You are doing this for you! **It starts by lacing up your sneakers!**

- Add physical activity whenever you can into your day, whether it's taking a family walk after dinner or joining the gym.
- Fitness and community centers offer a variety of exercise classes!
- Adults should get two and a half hours per week (150 minutes).

Make your Goals SMART!

Specific

- Set a clear, concise goal

Measureable

- How will you track your goal?

Attainable

- Set a goal that you can achieve!

Relevant & Realistic

- Is your goal meaningful?
- Is it something you want to work on?
- Will working on this goal improve your health?

Timely

- How long will you work on your goal?
- When is the deadline to evaluate your success?

SMART Goal Practice and Reflection

- I will walk for 20 minutes everyday for one month.
 - After the month is over, EVALUATE!
 - Did I stick to my goal? Is it a habit now?
 - How do I feel after 30 days of regular physical activity?
 - Do I need to make my goal more difficult?
 - EX: start to include jogging or strength training?
 - Do I need to make my goal more realistic?
 - EX: walk for 10 minutes everyday
 - What should I focus on next to lead a healthier lifestyle?

Remember the Tortoise and the Hare

- ❑ By focusing on a few goals at a time, small steps can become great strides towards a healthier lifestyle.
- ❑ Slow and steady wins the race!
- ❑ If you're looking for more tips on improving eating habits in the year to come, seek help from a qualified health professional.

Thank you!



By building caring relationships with those we serve,
we guide the journey to health and wellness.