

10 Ways to Keep Your Healthy Resolutions in 2010



www.stayhealthy2010.com

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New Year's Resolutions: Fast Facts

Most Popular Resolutions:

- Lose weight
- Manage debt
- Save money
- Get a better job
- Get fit
- Drink less alcohol
- Quit smoking
- Reduce stress overall
- Take a trip
- Get organized
- Volunteer to help others



143 BC was the first recorded time that “resolutions” were made. It was thought that you should reflect on the past and then plan for the future.

People make more resolutions to start a new habit, rather than break an old one.

On average 80% of women who make losing weight and getting fit one of their New Year's resolutions will quit or fail.

63% of people say they are keeping their resolutions after 2 months.

67% of people make 3+ resolutions.

People made more resolutions to start or increase a behavior (84%) than to stop or decrease something (16%)

Of those who successfully achieved their top resolution, only 40% of them did so on the first attempt. The rest made multiple tries, with 17% finally succeeding after more than 6 attempts.

Statistics show some of the biggest New Year's resolution failures are found in fitness and diet resolutions.

Introduction

Welcome to 10 Healthy Ways to Keep Your New Year's Resolutions in 2010! As you saw on the previous page, it is not always easy to keep your new resolutions, even with the best of intentions. As one of 350 Creating Wellness Centers worldwide, we are here to help give you the knowledge and tools to succeed, no matter what your goals are.

The following 10 pages will provide you with some key points to keep in mind as you plan your New Years Resolutions and then proceed to follow through with them throughout the New Year.

If you have any questions, please do not hesitate to contact our office. We look forward to helping you achieve your health and wellness goals in 2010!

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Resolution Tip #1: Be realistic

It is important to set realistic resolutions and expectations. You also want to keep your resolutions simple. Even though your long-term goal may be large, make sure to break it down into smaller goals so that it becomes less intimidating.

Key points:

- ❖ Realistic means “likely to happen.”
 - Don’t confuse this with reasonable which means “makes sense.”
 - Something may be reasonable to make changes but not realistic in the timeframe you set.
- ❖ Don’t set unattainable goals.
 - For example: Giving up your favorite food because it’s unhealthy for you.
 - Instead, set a goal to eat it less often than you currently do.
 - Over time, you may find that you can give this food up completely without feeling the least bit deprived.

Goal Setting:

Make sure that your goals follow the SMART principles:

S- Specific

M- Measurable

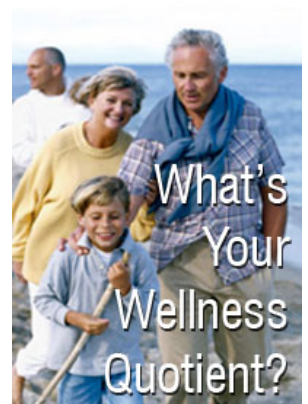
A- Attainable

R- Realistic

T- Timely

Creating Wellness Solution:

- Creating Wellness Health Assessment-- Unique to Creating Wellness is the Wellness Quotient (WQ) - a number value that indicates where your personal level of wellness falls on the scale of the wellness continuum. It is calculated by the results of a Wellness Assessment that measures you in all three dimensions of your life - physical, biochemical, and psychological.



Resolution Tip #2: Plan Ahead and Choose Carefully

Plan your resolutions before the start of the New Year so that you're ready to go when 2010 arrives. If you haven't made any plans yet, do so now and have them "take effect" in February or later in the year even. Spring is a great time to initiate new healthy habits as the weather improves and the earth renews.

Also, pick your resolutions carefully. Often, people try to change everything all at once. Instead, concentrate on those that will have the greatest impact on your health and happiness.

Key points:

- ❖ People who make impulsive resolutions are less likely to stick to them.
- ❖ Create strategies to deal with the problems and setbacks that may come up.



Resolution Tip #3: Set specific goals and WRITE THEM DOWN

Outlining your plan on paper will give you a better chance at actually following through with your resolutions. Commitment is key to successfully completing your goals, and writing them down increases this.

Key points:

- ❖ A time-frame is vital for motivation.
- ❖ Plan your actions for the upcoming weeks and months.
 - Decide when and how often to evaluate.
- ❖ Make a list of what you want to stop doing as well as what you want to start doing.
- ❖ Within your outlined plan, make sure to decide how you will deal with the temptations that arise.

Sample Goals Outline:

Weekly:

- Biochemical (What you put in your body—ie: eating more veggies)
- Physical (How you use your body—ie: exercise)
- Psychological (Mind-body connection—ie: stress management)

Monthly:

- 1 month
- 3 months
- 6 months

Yearly:

- 1 year
- 3 years
- 5 years
- 10 years



Creating Wellness Solutions: (see page 14 for more information)

- Wellness Coaching
- “MycreatingwellnessSpace”

Resolution Tip #4: Talk about it

Telling friends and family will allow for them to provide you with much needed support.

Key points:

- ❖ The more people you tell, the more you have to help give you that little extra boost if you start to fall behind.
- ❖ Pick people to tell that you respect and admire.

Creating Wellness Solutions: (see page 14 for more information)

- The Creating Wellness Lifestyle Club
 - http://leafchiropractic.com/custom_content/132794_creating_wellness_club.html
- Wellness Coaching



Resolution Tip #5: Reward Yourself

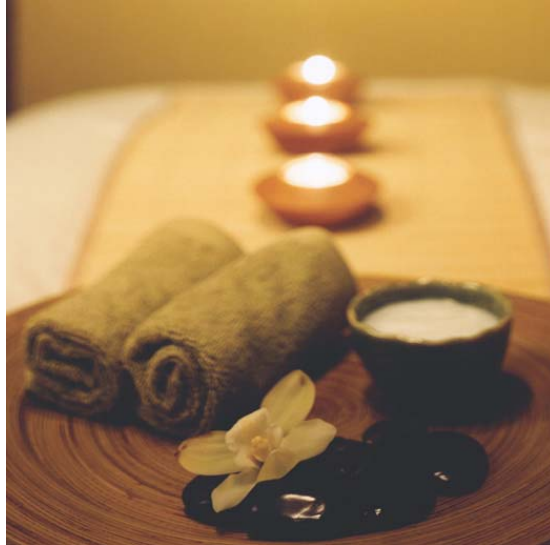
It is important to celebrate the small victories that you make along the way. This will keep you motivated.

Key points

- ❖ Make sure to treat yourself to something that you enjoy that does not contradict your resolution.
- ❖ Think of resolutions as opportunities to try new things.
- ❖ Resolutions should not feel like punishments.
- ❖ Your happiness is worth the time and effort.

Creating Wellness Solution:

- Massage Professionals
 - www.massagetherapists.com



Resolution Tip #6: Forgive Yourself

If you are always obsessing over your most recent “slip up” then you will never give yourself the opportunity to get ahead and achieve your goal.

Key points:

- ❖ Take it one day at a time.
- ❖ Look at every day as a new day and an opportunity to try again.
- ❖ Don't sweat the small setbacks, as persistence is the key.
- ❖ It's ok if you can't accomplish all you would like to in one year.
 - Continue to take small steps toward your goals so that in one year you are that much closer to accomplishing them.
- ❖ Forgiveness is not just something we do for other people. We do it for ourselves- to get well and move on.



Resolution Tip #7: Stick to It

Bad habits are easy to make but hard to break. Good habits however are a different story. Experts say that it takes 21 days for a new activity to become a habit. It then takes 6 months for this to become a part of your personality.

Key points:

- ❖ New health-full habits will become second nature before you know it.
- ❖ Handle set-backs with renewed resolve and enthusiasm for a new approach.
- ❖ Manage frustration to persevere.

Creating Wellness Solutions: (see page 14 for more information)

- Comprehensive Wellness Programs
 - <http://www.creatingwellness.com/cw-system.html>
- Creating Wellness Lifestyle Club
- Wellness Coaching
- “MycreatingwellnessSpace”



Resolution Tip #8: Use the Buddy System

The accountability factor plays huge in determining how well you stick to your goals. Studies show that people who work in groups or with a friend are much more likely to succeed in accomplishing their healthy resolutions.

Key points:

- ❖ Find someone who has the same goals as you do to help increase your dedication.
- ❖ It's easier to stop negative habits and replace them with good ones when you have a "buddy."
 - This also reduces the pain of doing without that unhealthy habit you're trying to break.
- ❖ Working with a friend gives you a new sense of satisfaction as you help them accomplish their goals as well.
- ❖ They will be your encouragement when you feel like you want to give up.

Creating Wellness Solution: (see page 14 for more information)

- Creating Wellness Lifestyle Club



Resolution Tip #9: Introduce positive, eliminate negative

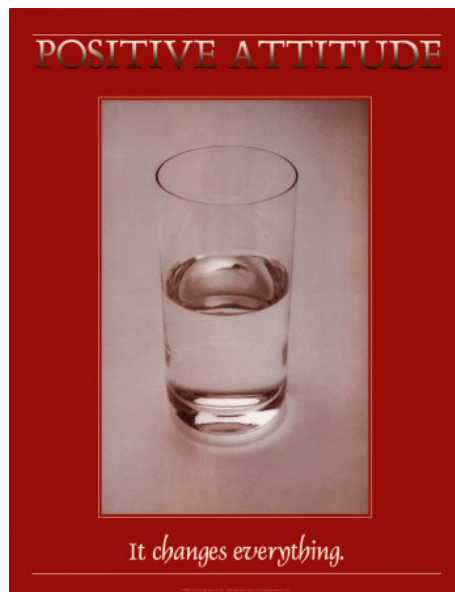
If you always need a “quick-fix” every time you deal with negative people or no win situations, then that makes you more likely to fall off your newly established healthy programs. As you find ways to reduce contact with these people and situations, you’ll drastically increase your success rate.

Key points:

- ❖ Focusing on the positive will give you more energy and enthusiasm to pursue your goals.
- ❖ People who believe they can succeed are more likely to do so
- ❖ ACCENTUATE the positive.

Creating Wellness Solutions: (see page 14 for more information)

- Creating Wellness Lifestyle Club
- Sound Advice



Resolution Tip #10: Don't hesitate to ask for help

Only you can make the commitment to change your life, but it is well worth your effort to seek help throughout your journey to a new you! As a Creating Wellness Center, we can provide solutions to make your journey more enjoyable with less pit falls and road blocks.

Key points:

- ❖ Asking for help does not make you weak.
- ❖ It's ok to not have all the answers.
- ❖ Make sure to use good sources when looking for advice.

Creating Wellness Solution Descriptions:

- Creating Wellness Assessment- comprehensive health evaluation with both subjective and objective measurements; looks at over 50 health and wellness factors; determines your biological vs chronological age.
 - This delivers your Wellness Quotient (WQ)-- Your Wellness Quotient is a snapshot of your overall state of wellness— think of it as your Wellness IQ. It is the sum total of your present Physical, Bio-Chemical and Psychological well-being—and the foundation from which you will begin to create wellness in your life.
 - http://www.creatingwellness.com/how-it-works_step1.html
- Wellness Coaching -- One-on-one or group coaching to help with all areas of lifestyle stress. Your personal coach will help you face challenges, overcome obstacles—and share in your victories!
 - http://www.creatingwellness.com/how-it-works_step4.html
- “MycreatingwellnessSpace” – your personalized online fitness and menu planner with 24/7 access
- Creating Wellness Lifestyle Club – weekly wellness meetings, “MycreatingwellnessSpace”, Creating Wellness health assessments
- Sound Advice — Custom built audio and pdf files that deliver advice, solutions and powerful motivation in all 3 dimensions of wellness, based on your individual needs and goals.
 - <http://www.creatingwellness.com/cw-system-psychological.html>

Wishes in Wellness for the New Year!



From the staff at your local Creating Wellness Center!