

# Adult Health Bulletin



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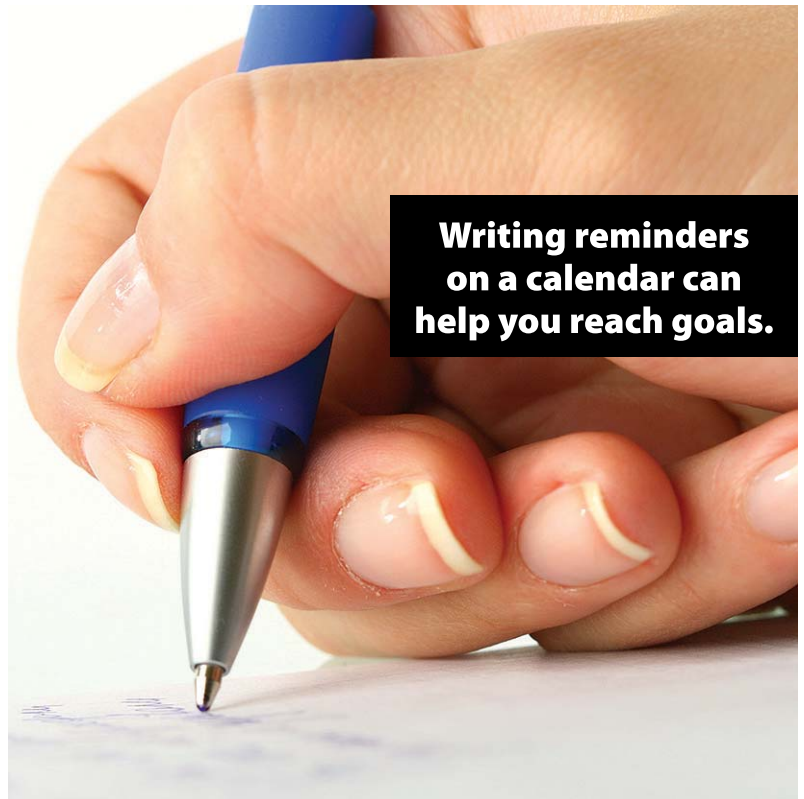
## THIS MONTH'S TOPIC: NEW YEAR; NEW YOU?

**D**id you make a New Year's resolution? It is not uncommon to make a New Year's resolution and then, within a few weeks, stop working on that goal.

If you have not already decided on a New Year's resolution, here are some tips for making resolutions that may be more likely to stick:

- Do not make too many resolutions at one time. Having just one or two is plenty.
- Make sure to take small, manageable steps to reach your goal.
- Tell important people about your goal and ask them to help you achieve it.
- If you get a negative thought about reaching your goal, remember that it is ok if you are not able to follow your resolution every day. It does not mean that you should stop trying altogether.

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**Writing reminders  
on a calendar can  
help you reach goals.**



## Finding a buddy or a class can help you stay motivated.



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- Stay positive! Remember that you can do it. Imagine what it will be like when you have achieved your goal. How will that feel?
- You should not get discouraged if you are not able to maintain your resolution. Instead, use it as an opportunity to look at why you have not been able to achieve this goal that you have set for yourself and try again.

*Do not make too many resolutions at one time. Having just one or two is plenty.*

If you have decided to start a new workout program for instance, you may want to consider these steps to reach your goal

- **Set realistic goals.** Plan to start slowly. For example, start with 20 minutes of walking, 3 days a week and gradually build up to the recommended time, which is 30 minutes, 5 days a week.

- **Use different reminders.** You may want to think about setting aside a planned time to exercise. Write it down or put it on a calendar just like any other appointment.
- **Set up a non-food reward system.** When goals, such as continuing with the behavior for a month are met, give yourself a small treat.
- **Find a buddy or a class.** Whatever you choose to do, having another person along with you helps to keep you motivated.

Whether you see a New Year's resolution as exciting or with dread, use this time of the year to look at what would make you happier and healthier.

#### SOURCE:

Lancer, D. (2013). 5 Tips on How to Keep New Year's Resolutions. Psych Central. Retrieved on December 10, 2013, from <http://psychcentral.com/lib/5-tips-on-how-to-keep-new-years-resolutions/00014812>

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