

VitaMin

Vital health information in a minute!

Make a resolution to keep a resolution

How many times have you started a new year with a long list of resolutions? If you were lucky, you started to work on half of the goals on your list. If you were really lucky, come June, you were still sticking to one. But if you were like most of us, you looked at your list in December and wondered where you went wrong.

Most of the time, we let our resolutions get the best of us because we make them more complicated than they need to be. This year, start with simple goals – maybe one or two related to improving your health. Here are some to consider:

Eat your vegetables. There are lots of ways you can get your five-a-day vegetable servings. Buy pre-packaged salads and other vegetables at the grocery store and stock up on frozen vegetables you can cook in the microwave for a meal or snack.

Move your feet. If you're having a hard time fitting anything extra into your day, find any chance you can to walk – from the parking lot in the morning, up the stairs during work, around the block before dinner. Keep a log and watch those short trips add up.

Find sweet dreams. Most adults need eight hours of sleep a night. To help you get the sleep you need, pick a bedtime and time to get up. Then stick to them, even on weekends, to help your body get used to a regular sleep pattern.

Help your health. There are all sorts of tests that can detect and potentially prevent diseases from becoming more serious. Start your year off right and schedule appointments now for blood pressure and cholesterol screenings, and annual wellness exams.

If these goals get too easy, you can always kick it up a notch. If you're already getting 30 minutes of walking into your daily routine, try a new exercise class. If you keep it simple, you won't get discouraged, and at the end of the year, you can be proud of your accomplishments. ■

Easy does it!

Now that you've made your resolutions, here are a few tips to help you get started – and stay motivated:

- **Create small goals within your resolutions:** Add two servings of vegetables to your daily meal plan; plan a short walk after your lunch; get to bed 30 minutes earlier at least four days a week.
- **Track your progress:** Actually writing it down will keep you motivated and show you how far you've come.
- **Celebrate your successes:** Treat yourself to a special dinner, a soothing massage or a new (smaller!) pair of jeans. You've earned it!



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