

It's that time again; a new year is almost here, and for many people, it's time for another resolution. The new year is often seen as an opportunity to wipe the slate clean, start fresh or just begin making the changes we want or know we need to make. No matter what the goal is, many people are able to get started, but often struggle with consistency. And by the time March rolls around, their resolutions are a distant memory. How can such a strong desire to change end so quickly? Is there a way to make it less likely that you will give up on your resolutions so easily? To make 2011 different, try incorporating the following recommendations as you commit to making healthy changes.

Make a SMART Resolution

The reason why so many of us fall short of resolution goals is not due to a lack of desire. In many cases it has more to do with focusing on the outcome rather than focusing on changing unhealthy behaviors. This new year, work toward your resolution and set your goal in a SMART way by making it:

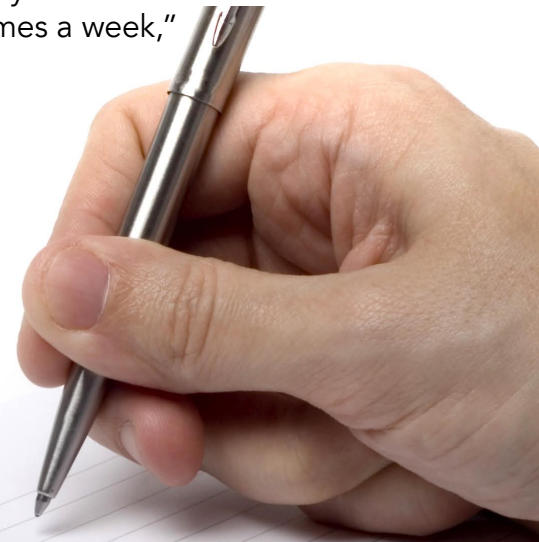
Specific – Setting specific goals helps to narrow the task. Instead of saying, "I am going to lose weight this year," say "I'm going to lose 15 pounds in the next four months by changing my diet and exercising more."

Measurable – Setting measurable goals makes it easier to see how well you've done and what you still need to do. Rather than saying, "I'll try to ride my bike a few times a week," say "I will ride my bike for 30 minutes, three days a week."

Attainable – Since high expectations can lead to big disappointments, be realistic and reasonable in your goal setting. Break your goals into smaller steps that you can build on. Instead of setting a goal of eating five servings of fruits and vegetables every day, start with a goal of two servings each day and then add an additional serving every two weeks.

Rewarding – Rewards can be great because they give you something to look forward to. Set small rewards for reaching short-term goals, such as a new DVD or CD after walking for a month. Choose bigger rewards for reaching long-term goals, such as a trip to the beach for quitting smoking.

Timely – Setting a specific date to achieve your goal gives yourself a deadline to work toward. However, the date should not be so far out that you don't feel the urgency to get started. Weekly, monthly and three-month goals are perfect as your move toward your ultimate destination.



Success Stories

"I could not have lost 94 pounds without this program and the support of my Coach."



Success Story

Two years ago I realized that I needed to start making some changes and take control of my health and my life. I was nearly 100 pounds overweight, I had high blood pressure and high cholesterol, and I was on the verge of developing type 2 diabetes. I decided to take control by joining Weight Watchers and this coaching program. Well, I am thrilled to report that I have lost 94 pounds and reached my goal weight of 140 pounds. I could not have done this without this program and the support of my Coach. My Health Coach gave me encouragement when I needed it and would cheer me on when I had success. What helped me the most was the constant support I received. There was no judgment, no negative criticism -- only positive reinforcement. My Coach's belief in me that I could accomplish my goal was helpful beyond words. I am thrilled to be where I am today, and I know that your help made it possible.

Tina

Coach Highlight

Health coaching is a career that I actually stumbled upon, and I'm so glad I did. I have always had an interest in how the human body works, especially as it relates to exercise physiology. Teaching is another passion of mine, and when you mix those two together, a uniquely relevant combination forms. I have been fortunate to apply those desires as a Health Coach. I feel that my experience as a Coach has become less about fulfilling my own desires and more about helping other people fulfill theirs. I think about my hopes for my family, friends and loved ones to have lives of the highest quality. I feel so lucky that I have the opportunity to help others accomplish just that.

Chris

