



# Set a resolution that works for you

“What’s your New Year’s resolution?” It’s a question many people hear – and ask – when Jan. 1 approaches. But, after a couple of weeks of hard work, life often interferes and that resolution gets forgotten.

But what if you could stick with that resolution this year? Try these tips from the American Diabetes Association:

- **Be realistic.** Rather than push yourself to do several major things, pick just one – such as walking.
- **Be specific.** For instance, write down how often you will work out (5 days a week for 30 minutes) or that you will eat fruit instead of sweets. Schedule it in your calendar so other things are less likely to interfere.
- **Get back on track after setbacks.** If you slip up, forgive yourself and start new tomorrow. Don’t abandon your healthy goals because of one mistake.

Good health is a great goal to work towards – at New Year’s or any time of the year.

