

Skip the resolution

try this instead

Some statistics suggest that more than 90 percent of New Year's resolutions fail. Many of us want to better ourselves in some way, and a new year may seem like a good place to start. But how can you set yourself up for success?

Many New Year's resolutions are simply too strict and difficult to follow. As a result, it's easy to give up and go back to old habits before February even arrives. If you're looking to be healthier, don't worry about a resolution. Instead, follow these tips.



Make small changes.

Giving up chocolate or red meat may seem like a great idea. But when you try to do this in real life, it can be much harder than you thought. Instead of "eliminating," try "limiting." For instance, allow yourself one small piece of dark chocolate a day. Or, eat red meat only once a week. That way, you can have your occasional treat without "failing" your resolution.



Look forward, not back.

Many people give up on their health goal when they have a bad day or two. Perhaps you went to a party and ate a large slice of cake or you skipped exercise for a few days because you were too busy. Treat each day as a fresh start and forget yesterday's slip-ups. Instead, look at what you can do today to get back to your goal.



Make goals about better health, not weight loss.

While losing weight is important for many people, it can be frustrating when the scale doesn't move despite making healthy changes. Instead of looking at a number, add up your changes in small successes. You ate more vegetables than usual today. You walked for 30 minutes instead of watching TV. Feel proud about all the steps you make toward your goal.