

can you picture a healthier you in 2011?

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with mary drueke



often

times we make health related resolutions this time of year and for good reason – everything is new and it feels like a fresh start. Any decision to improve your health status is a good one no matter what time of year it is. One of the biggest challenges in changing any habit is sticking to it. The “stickiness” of your New Year’s Resolution can be influenced by many factors. Tell other people what your plan is and how they can help you stick to it. Vary your new routine; find several ways to accomplish your goals and rotate them so you don’t get bored.

Working toward a new you can be exciting and the benefits go far beyond your mirror. When you improve your health status you can also improve your outlook on life. A positive attitude will go a long way not only in helping you meet your goals but also in life.

The first step to becoming a HEALTHIER YOU is to confront the fact that something needs to be done and that you may need to make some changes. As with many vices, a person needs to figure out **why** they are going to do what they are about to do. Above all, give yourself permission to make the changes.

As you work on building your new habits this year, take advantage of the many community and web-based resources that are available. Become aware of the overwhelming statistics on the costs of obesity related diseases like diabetes, and chronic health problems like high blood pressure and heart disease.

Sometimes employer pressure can be helpful. Employers are becoming very engaged in getting their employees healthier in order to increase productivity and lower health insurance costs. However, in most successful cases, the basis behind wanting to improve ones’ situation is for themselves and/or their family. Each person simply needs to discover their own reason.

Then you could create a “stop doing” list. In most cases, little things could make a huge difference in the long run. For instance:

Instead of taking the elevator, take the stairs – easy little workout that doesn’t require any additional time to be worked into your day.

Instead of snacking on unhealthy foods, snack on healthier foods – don’t deprive yourself; just snack smarter.

Instead of going to the soda pop machine, grab a glass of water – not only is it healthier; it is also much less expensive.

Eating healthier alternatives at meal time and increasing exercise help as well. The key is to get into a groove so when you do make unhealthy food choices or miss a workout, that you miss the good feelings you get when you take better care of yourself. Part of that good feeling comes from not eating such heavy or greasy foods; the other comes from the releasing of endorphins, which are the natural “happy” chemicals that are released during exercise.

Another key is to find the exercise that you enjoy whether it is weights, running, walking, rock climbing, boxing, or Pilates to name a few. It can help to keep things fresh by alternating between activities and/or finding an exercise partner.

So go ahead and make your “stop doing” lists, discover your reasons, and find your groove so you can see that picture of a HEALTHIER YOU in 2011.

For more information, please contact your trusted advisor at Swartzbaugh-Farber, *Client Centered – Client Advocates™*.