

# Starting the Year Off Right!

by Page Love, MS, RD, CSSD, LD

Here is an article with advice from Page Love, published January 2011 in **Upscale** magazine. Below the article is a New Year's goal-setting list to help you get started with a healthy lifestyle changes for 2011!

## Stick Figures

Learn four tips to help you adhere to your weight loss resolution—and accomplish it.

**R**esearch suggests nearly eight out of 10 New Year's resolutions fail—and many within days of their start.

Registered dietitian and certified fitness instructor Page Love of Nutrifit Sport Therapy believes it's because people often set unrealistic, narrow goals. To help set and stick to your weight loss resolution, she suggests the following tips:

**1.** Incorporate smaller, short-term goals, like running half a mile, which helps get the ball rolling so that you see some earlier successes and are therefore more motivated to continue.

**2.** Don't make cold-turkey aspirations. Total restriction can leave you feeling deprived or defeated if you lapse.



Instead, cut back guilty pleasures like sweets or fried foods to once a week.

**3.** Keep a daily food and exercise log to be sure you're meeting your daily intake of vegetables and keeping up with your workouts. It also puts in perspective the amount of empty calories consumed.

**4.** Lastly, get support. Download a helpful fitness and nutrition application for your phone or computer, or seek the professional help of a trainer or nutritionist. —Nina Hemphill Reeder

## New Year's Goal Setting

1. What was your biggest nutritional accomplishment of last year?
2. What are some other health goals that you would still like to accomplish?
3. What is your long-term goal for this year?
4. Pick one realistic goal/accomplishment to focus on in the coming month.
5. What are some smaller steps (specific eating/behavioral goals) that you can take over the next few weeks to accomplish this goal?
6. What support factors will keep you on track over the next few weeks (e.g., keeping a food journal, emailing Page, attending a support group, and so on)?