

SUNDAY MORNING HEALTH CORNER

Tips to Achieve Your New Year's Fitness Goals

It's that time of year again... time to focus on your fitness and weight loss goals. Many people change the way they eat or start a new exercise program, but often abandoned if before Valentine's Day.

You can increase your chances of long-term success if you follow these tips:

- **Eliminate Stress.** Put your stress on the shelf and resolve to focus on you.
- **Make lifestyle changes.** Regular exercise and healthy food choices are lifestyle changes, not temporary solutions to weight loss.
- **Add exercise to your daily routine.** Start slow to develop a solid foundation of fitness, and then build upon that foundation as your fitness improves.
- **Set realistic and feasible goals.** You should think of your goals as a lifelong commitment to a healthier lifestyle.
- **Increase your water intake.** Drinking more water can boost your metabolism and help control your weight. Slowly substitute sodas and juice with water. Work on making this a habit over time, and you will reap the health benefits long-term.

Before you begin: Make sure you're both physically and mentally ready to start any fitness program. Communicate to your doctor that you want to begin a fitness regimen and you want to make sure you're healthy enough to start.

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