

SUNDAY MORNING Health Corner

Achieving Your Fitness Goals in the New Year!

Around the world, it is a time-honored tradition to begin the new year with fresh objectives and aspirations. Nearly half of all Americans make fitness and nutrition-related New Year's resolutions each year. By Valentine's Day, however, about 90% of individuals have abandoned their resolutions. This does not need to be you! Changing one's lifestyle to include more physical activity and healthier food options is difficult but not impossible.

**Make 2023 your best year ever
with these four helpful hints:**



Be committed. Go for your goals this year! Resolve to focus on yourself by putting indecision and fear on the shelf. Then decide to stick to your goals no matter what obstacles arise during the journey.



Think small. Long-term goals, like fitness and nutrition resolutions, are a lifelong commitment. So, take a step-by-step approach. Break your big goal into smaller realistic, and feasible goals.



Go slow. Develop a solid foundation of fitness and healthy eating by slowly incorporating physical activity and more nutritional food options into your routines. Then build upon that foundation as your stamina increases.



Ask for help. Don't make the mistake of assuming you have to achieve your goals alone. Ask a friend to help. Having a friend to offer support or share in similar resolutions greatly increases your chances of sticking with new year's resolutions. So, find someone you trust to join you for exercise and healthy meal planning.



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