

January 2018

*Healthy Eating Tip of the
Month*



Happy 2018!

Are you making a New Year's
Resolution?

You've probably thought long and hard about how you would like to better yourself and maybe you have even set a New Year's Resolution.

Do you sometimes have trouble following through and sticking to your resolutions?

Read on to learn how you can succeed in accomplishing your resolution!

Typical New Year's Resolutions are Tough to Follow



Common Resolutions

The most frequently made New Year's Resolutions include losing weight, healthy eating, and exercise. Others vary from smoking cessation, learning new skills, spending more time with family, and using less technology. All of these are very well-intentioned and, if fully adopted, could really change many people's lives.



Common Slip-ups

Often, New Year's Resolutions set us up for failure from the start. They can be too lofty, non-specific, and we might make too many resolutions. Once we feel like we have not done well enough, we give up (until the next year, that is).



Step Toward Success

The key to breaking habits and implementing behavior change is creating small, specific goals. This way, you will have a clear vision of what you will do in the short-term in order to make a lasting impact your health and wellness in the long-term.

2018: A New Year of Health!

Two-thirds of adults in the United States are either overweight or obese.¹ Further, obesity-related diseases (heart-disease, stroke, type 2 diabetes, and certain cancers) are some of the leading causes of *preventable* death.¹ In response to this epidemic, many people are trying to exercise more, eat more healthfully, and limit unhealthy foods.

Health-related resolutions are the most frequently set goals.² The best avenue for weight management is implementing lifestyle behavior changes that are sustainable for a lifetime. In order to really change behavior for the long-run, goals must be reasonable and enjoyable. This means finding fun physical activities to engage in on a regular basis and experimenting with new foods and flavors. Look below for some examples.



Exercise encompasses more than just lifting weights at a gym. Brisk walks, bike rides, swimming, and even dancing are all forms of (fun!) physical activity.



Extremely strict diets that claim to make you lose weight quickly are not sustainable for a lifetime. Healthy eating is not boring nor overly restricting. Try new fruits, vegetables, lean proteins, and whole grains, and experiment with different herbs and spices to make your food even more tasty!

Want to learn more? Consult a Registered Dietitian for all of your nutrition needs.

S.M.A.R.T. Goals for a Successful New Year's Resolution

<u>S</u> pecific	State exactly what you want to accomplish
<u>M</u> easureable	Quantifies your goal and/or indicates your progress toward your goal
<u>A</u> chievable	Challenging, yet within your power and means
<u>R</u> ealistic	Aligns with your abilities
<u>T</u> imely	Sets a deadline for accomplishing your goal

With these criteria in mind, your New Year's Resolution will help you work smarter, not harder!



References

1. Centers for Disease Control and Prevention (CDC). Overweight & Obesity: Adult Obesity Facts. (2017). <https://www.cdc.gov/obesity/data/adult.html>
2. "New Year's Resolution Statistics." Statistic Brain Research Institute. (2017). <https://www.statisticbrain.com/new-years-resolution-statistics/>

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