

# New Year's Resolutions

*Tips to help you keep your health goals!*

With 2016 right around the corner, everyone has begun planning their new year's resolutions! Have you thought of yours?

The most common resolutions revolve around health and exercise, but they are also the most easily broken! Here are some tips you can follow to make sure you reach your goals in 2016!

## Resolution

## Tip

### Running consistently

This is a common goal! To make sure you achieve this goal, join a running group. Many local running shoe stores also offer FREE running clinics and **running groups**. The accountability will help you succeed! Sign up for a race (any distance), this will motivate you to train!

### Eating Healthier

Another very common goal!  
Avoid shopping when you are hungry or have just exercised.  
**Plan** meals a week in advance, write out a list, and stick to it! This will save you time and money!  
Don't eliminate ALL junk food! Eat in **moderation!**

### Being Less Stressed

The easiest way to be less stressed is to **stay organized** – write out a detailed schedule!  
Getting enough **sleep** is critical to maintain cortisol (stress hormone) at normal levels!

### Losing Weight

There are 5 factors that can contribute to weight loss:  
**(1) Exercise (2) sleep (3) diet (4) stress levels (5) genetics.**  
There isn't much you can do about your genetics! So choose 2 or 3 of these and work on them! Even getting a better night sleep will help you begin to reach your weight loss goals!



For more information or to book an appointment please visit our website at [body-works.ca](http://body-works.ca)