

# Rescue Your Resolutions



**CHALLENGE**  
Take action to achieve your wellness goals

## Requirements to complete this HEALTH CHALLENGE™

1. Read “Rescue Your Resolutions.”
2. Create a plan to work on your health and wellness goals daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Oregon resident Sue Sanders was tired all the time. Getting out of bed felt like work. She drank soda and coffee just to make it through the work day.

She ate fast food and treats at her desk or during her commute. In the evening, she ate dinner, drank alcohol, and topped off the night with snacks and a couple hours of binge-watching shows.

And she wasn't happy. Her weight was a problem. Her health wasn't great. And every fad diet she tried followed the same pattern: Lose weight, then gain it all back.

“I was tired of being sick and tired,” says Sue. “I knew I needed to make a change.”

At first, it wasn't easy. There were lots of stops and starts. Good days and bad days. But she decided to work on developing healthy habits...one day at a time.

## Healthy Habits Quiz

How much do you know about healthy habits to reach your goals? Take this quiz to find out.



- T F**
1.   Sleeping 7 to 8 hours a night can help prevent weight gain and other health problems.
  2.   The best way to curb a sugar craving is to gradually cut back on sweet treats and drinks by eating healthier foods.
  3.   Losing 3 to 4 pounds per week is a healthy weight loss goal.
  4.   The minimum amount of exercise adults need is 150 minutes of moderate exercise a week, plus strength training two days a week.
  5.   If you want to quit smoking a combination of nicotine replacement, behavior changes, and a support group works best.

How did you do? Losing 1 to 2 pounds a week is a healthy weight loss goal. Good sleep, healthy eating habits, and regular exercise will improve your health. If you need to make a change, NOW is always the best time to start.

Answers: 1. True. 2. True. 3. True. 4. False. 5. True.

She changed her diet. She made exercise a priority. She swapped fast food for healthier options. She cut way back on alcohol. And she gave up binge-watching shows to spend quality time with family and friends.

And you know what happened? She lost about 100 pounds in a year, and she's kept it off by setting goals and taking action.

Did you wake up on New Year's Day with some big goals in mind? How's it going? The truth: About two-thirds of people who make New Year's resolutions give up within a month. But it doesn't have to be that way. Take the month-long challenge to Rescue Your Resolutions.

Weight Loss strategies for success  
<https://tinyurl.com/7outrho>



## 10 Ways to Rescue Your Resolutions

You may have had a little trouble sticking to your resolutions in January. But that doesn't mean it's a lost cause. Here are 10 ways to improve your efforts to make positive changes:

- 1 Write it down.** Studies show that people who write down their resolutions are 10 times more likely to succeed than those who don't.<sup>3</sup>
- 2 Take baby steps.** It's tough to change old habits overnight, so start small. Break your goal down into baby steps and take it one day at a time.
- 3 Find a role model.** Find someone who has already achieved your goal and model their behavior.
- 4 Sleep on it.** Your brain needs 7 to 8 hours of rest to help control impulsive behavior, improve brain function, memory, and decision making.<sup>4</sup>
- 5 Limit stress.** Too much stress makes your brain focus on short-term rewards instead of your big-picture goal. Take a walk, get some exercise, or practice deep breathing to keep stress levels down.
- 6 Eat healthy.** The average person makes over 200 food choices a day. Healthy foods (fruits, vegetables, nuts and seeds, legumes, whole grains) feed your brain and help you feel happier.<sup>5</sup>
- 7 Practice.** It takes practice to turn good intentions into healthy habits. At first it's hard, and you might mess up. But keep trying, and making the right choice gets easier.
- 8 Avoid procrastination.** Adopt a do-it-now approach to working toward your goal. Even small steps will get you closer to your goal than doing nothing.<sup>6</sup>
- 9 Reward progress.** Choose healthy rewards for completing small goals. This can help you stay motivated to stick with your plan.
- 10 Visualize success.** Visualize achieving your goal. Imagine the day you achieve your goal weight or give up cigarettes for good.

6 steps to make exercise a regular habit  
<https://tinyurl.com/2p8rp7ny>

## SMART Goals Improve Results

When Sue committed to losing 100 pounds in a year, she didn't spend a lot of time worrying about that big number afterwards. Instead, she followed a proven plan using SMART goals to tip the scale in the right direction.<sup>2</sup>



If you've been struggling with your New Year's resolutions to get healthy, now is a good time to take a closer look at your plan. Pick your goal, and create a plan to make it happen. Your SMART goals should be:

- **Specific: Define your goal** with as much detail as you can. Write it down.
- **Measurable: You need a way to measure your efforts.** Keep a daily or weekly record of things related to your goal, like sleep, calories, weight, and workouts. Use a logbook or try a mobile app.
- **Action-Oriented: To achieve any goal, you need to take action.** Explain what you will do. Break down your goal into action steps you can take
- **Reasonable: Set goals you can realistically accomplish** in a few weeks or months.
- **Time-Bound: Set time expectations.** Have a start date and finish date by which you expect to reach your goal. This gives you a clear target to work toward.

Think about how you'll feel, how you'll celebrate, and how it will change your life.<sup>7</sup>

It's been a little over a year since Sue reached her goal to lose 100 pounds. And she's developed a whole new set of habits to keep the weight off and improve her health and her life in the process, and so can you.

Take another look at your health and wellness goals for the year. If you've strayed from your plan a little since January 1, that's OK. Use this challenge to get back on track. You'll be glad you did.

How to break the sugar habit  
<https://tinyurl.com/zqznizm>

### References

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# Rescue Your Resolutions



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### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to work on your health and wellness goals daily.
3. Use the calendar to record your actions and choices to work on your health and wellness goals.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		
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\_\_\_\_\_ Number of days this month I worked on health and wellness goals  
 \_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

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Name \_\_\_\_\_ Date \_\_\_\_\_