



# 5 Tips For Achieving Your New Year's Resolutions

Only 8% of Americans Stick With Their New Year's Resolutions



## #1 Start Small

Set small, realistic goals and timelines. For example, going to the gym three days a week instead of every day.



## #2 Focus on One Thing

Unhealthy behaviors don't develop overnight and neither do healthy ones. Focus on one thing at a time.



## #3 Create an Environment for Success

Create an environment that mirrors the healthy habits you're trying to create. Late night snacking? Throw out the junk food and stock healthy items.



## #4 Go Easy on Yourself

Did you over-indulge on unhealthy foods over the weekend? Don't beat yourself up, missteps will happen. Keep moving forward.



## #5 Track + Reward

As you work toward your goal, track your progress and celebrate your successes in a way that won't undo your hard work like new workout clothes.



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