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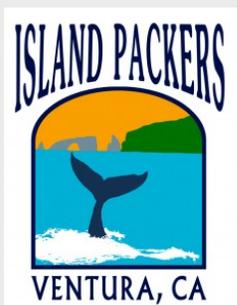
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New Years Resolutions

As the holiday season comes to a close New Year's resolutions often become a source of added anxiety for most. Here are a few helpful hints to get you started

~ Be realistic. Instead of making a declaration like "I will lose 30 pounds by April and finally fit into that dress," target a goal that's more attainable, like losing 10 or 15 pounds.

~ Don't overload yourself. Choose the most pressing issue at hand and stick with it. Trying to do everything simultaneously practically guarantees failure across the board.

~ Talk about it. Tell your friends and family about your resolution so that they can be your support. The best case scenario is to find a friend who shares your New Year's resolution and motivate each other.

~ Reward yourself. This doesn't mean that you can eat an entire box of chocolates if your resolution is to diet. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution.

~ Don't beat yourself up. Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time.

~ Keep trying. If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's resolution" any time of year.

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A Few Healthy Changes for 2018

Drink More Water - it sounds simple but it works. Studies show that drinking more water can help you lose weight. It keeps you feeling full so you eat less. Plus it flushes out toxins.

Make Breakfast A Priority - studies show that people who have lost more than 30 pounds have kept it off by simply eating a healthy breakfast each day.

Get More Sleep - research shows that one-quarter of all adults in the U.S. don't get enough sleep. Getting enough sleep can help you fight off illnesses like colds and influenza.

Eat Your Fruits And Veggies - low in calories and full of fiber you can't go wrong by eating more of these nutrient-rich gems.

Downsize Your Plates - Your eyes can sometimes be too big for your stomach. Trade you large plates for smaller ones to cut down on portions and save calories.

Find A Workout Buddy - Working out with a friend may increase your motivation to exercise. Plus it makes workouts more fun when you add a social element to them.

Savor Your Meals - Perfect the art of slow eating. It takes your brain 20 minutes to send out signals of fullness. Taking your time when eating helps you eat fewer calories and leaves you feeling more satisfied.

Unplug And Unwind - the constant buzz of phone and email messages makes it hard to relax. Research shows that heavy technology use may lead to an increased risk of depression, stress and sleep disorders.

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