

HEALTHY FORDS

THE SCHOOL DISTRICT OF HAVERFORD TOWNSHIP WELLNESS NEWS

HAPPY 2019 from the Wellness Committee!

We wish all of our students, staff and families a safe and healthy 2019.

Share your photos and news with us on Twitter.

#HealthyFords

New Year Resolutions

Health clubs often see an increase in attendance the first few weeks of each year then find attendance drops off to regular levels. How can you make those New Year resolutions stick? Harvard Medical School offers these suggestions for increasing your success.

1. **Dream big.** Audacious goals are compelling. An ambitious aim often inspires others around you. Many will cheer you on. Some will be happy to help in practical ways, such as by training with you or taking on tasks you normally handle in order to free up your time.
2. **Break big dreams into small-enough steps.** Small steps move you forward to your ultimate goal.
3. **Understand why you shouldn't make a change.** When you're considering a change, take time to think it through. You boost your chance of success when the balance of pluses and minuses tips enough to make adopting a new behavior more attractive than standing in place.
4. **Commit yourself.** Make yourself accountable through a written or verbal promise to people you don't want to let down.
5. **Give yourself a medal.** Don't wait until you reach your final goal-give yourself a pat on the back for meeting small goals along the way.
6. **Learn from the past.** Any time you fail to make a change, consider it a step toward your goal. Why? Because each sincere attempt represents a lesson learned. When you hit a snag, take a moment to think about what did and didn't work.
7. **Give thanks for what you do.** Forget perfection. Set your sights on finishing that marathon, not on running it. If you compete to complete, you'll be a winner even if you wind up walking as much as you run. With exercise – and so many other goals we set – you'll benefit even when doing less than you'd like to do. Any activity is always better than none. If your goal for Tuesday is a 30-minute workout at the gym, but you only squeeze in 10 minutes, feel grateful for that. It's enough. Maybe tomorrow will be better.

Source: <https://www.health.harvard.edu/staying-healthy/seven-steps-for-making-your-new-years-resolutions-stick>