

January 2018: A Fresh Take on New Year's Resolutions

Posted on March 30, 2018 | In [Nutrition](#)

Hard to believe it's that time of year again: time to take stock of the past year and make our resolutions for the year ahead. Are you thinking, "Didn't I just make resolutions?" If last year's goals fell by the wayside once post-holiday life kicked into gear, you're not alone. Maybe 2018 is time for a fresh approach with these simple tips to make your resolutions stick.

Renew your goals.

It's a good idea to review and renew your health and wellness goals every year. Take a fresh look at where you are and where you'd like to be a year from now. Don't let past experiences dissuade you from tackling a challenging task. Setting SMART goals (Specific • Measurable • Achievable • Relevant • Time-bound) can help. (*See below.*)

Determine where you are.

If you haven't already done so, schedule physicals, eye exams, dental cleanings, and preventive health screenings. Knowing where you stand is an important first step in determining what you want to achieve this year.

Involve the experts.

Have a candid conversation with your doctor or other healthcare professional about what they think your priority should be. Your best move may seem obvious at first, but there may be something you're missing. Asking a professional can help you keep the right things in perspective.

What's it going to be? Time to choose.

After talking to your doctor, choose just one thing to work on at a time. You'll have a greater likelihood of success if you focus your efforts. Choosing too many things to improve at one time can leave you feeling overwhelmed and unsure of where to start. So what's it going to be? Sleep? Diet? Exercise? Mindfulness? Choose one and get started. Then tackle the others one at a time as you make progress.

Set yourself up for success.

Once you know where you're focusing your energy, the best thing you can do for yourself is plan ahead, find support in professionals, family, and friends, and look for tools to help measure your progress. The internet is a good place to start for **free electronic resources** to address a variety of issues. Printable **food logs** are also available. Use one as a place to start, and customize it to meet your needs by adding columns for sleep and exercise, for example. If you prefer a book, there are many **journals** available to purchase. The most important thing is to choose the tool and format that suits your lifestyle.

The new year is a great time to begin on your path to wellness, and the right tools can make that path smoother. If you need help getting started, feel free to contact me for a private consultation at 203-438-5555



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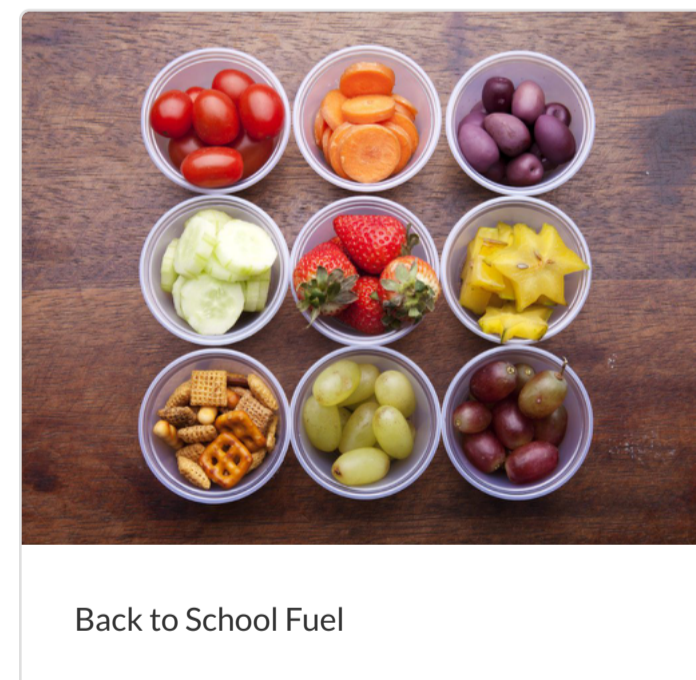
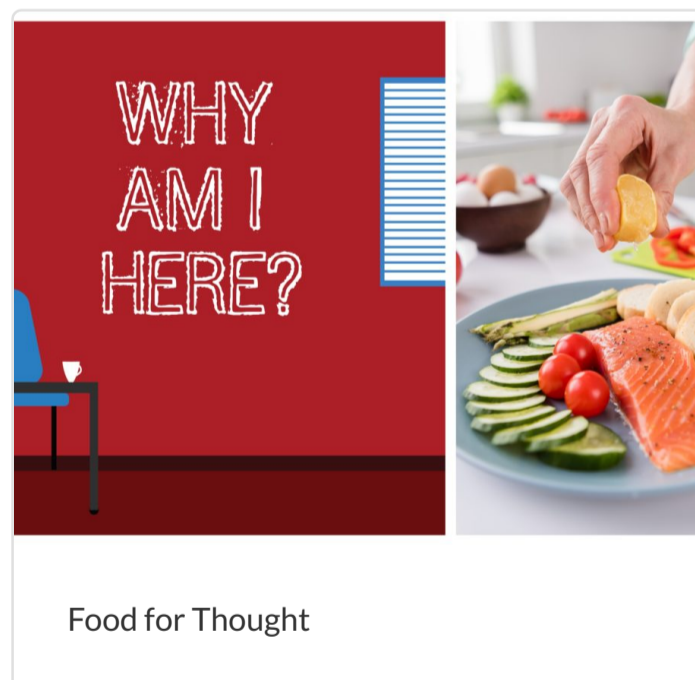
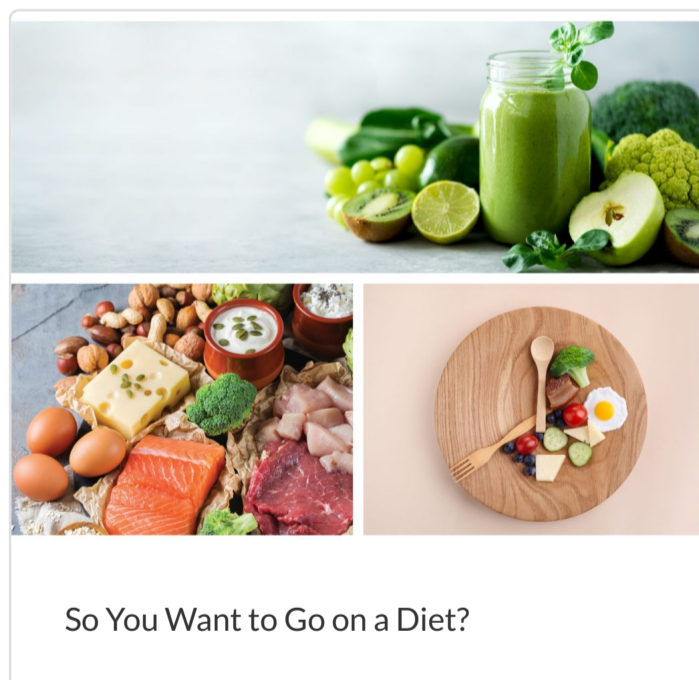


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