



Weill Cornell Medicine

Making Healthy Changes in the New Year



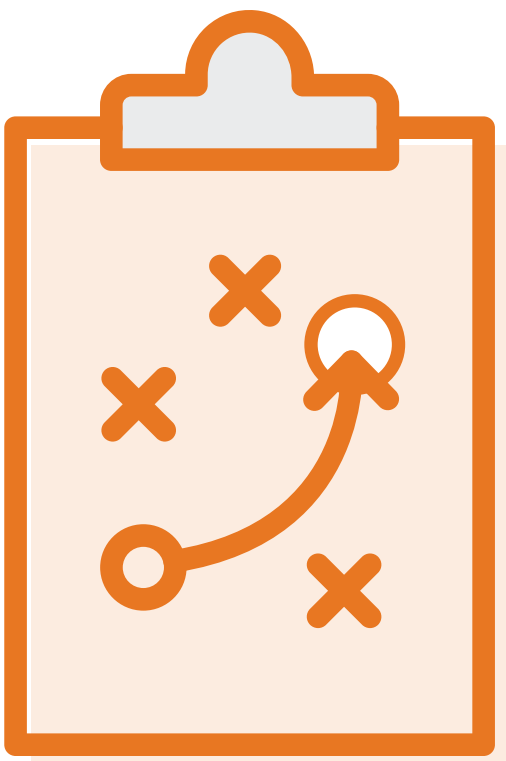
Start a healthy New Year's resolution that's right for you.

Maybe you've considered making a healthy resolution in the past but didn't follow through. Or maybe you overcommitted to a resolution and got burned out. Don't give up on New Year's resolutions just yet. They can help you achieve your goals.

You just have to approach them the right way.

FIND YOUR WHY

Why do you want to lose weight, take better care of your skin or become a better parent? Write down your answer to this question. Refer to it when you want to give up. **Remind yourself of your why and stay focused.**



DREAM BIG, PLAN SMALL

You have big, exciting goals. But maintaining healthy resolutions is a marathon and not a sprint. You want to make changes that will last all year and ideally become part of your lifestyle. **Plan how you'll reach your goal, week by week and month by month.** Set small goals or trackable milestones along the way. Don't try to tackle it all at once. Otherwise you may find yourself burned out by Spring.

REWARD YOURSELF

Making big changes isn't easy. **A good reward system can make maintaining those big changes easier.** When setting up a reward system, avoid prizes that sabotage your resolution. Instead, choose rewards that push you toward your goal. Such rewards could be new exercise gear or new storage containers for meal prep.



Find a primary care provider at Weill Cornell Medicine who can help you maintain your health goals throughout 2022 and beyond.



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