

Sustainable Resolutions for the New Year



Make your New Year's resolution last beyond January by choosing sustainable goals.

Be Realistic

A few practical steps can reverse bad habits, even if those habits took years to develop.

- **Go small.** Initially, make small changes to your diet and add in a little exercise. Then, make more changes.
- **Know yourself.** Make resolutions that are sustainable and meaningful to you.
- **Be flexible.** Modify your resolutions as needed and set new ones as you meet your goals.



Find Strength in Numbers

Maintaining resolutions is easier when done with others.

- **Accountability.** You're more likely to get to the gym if a friend is waiting for you.
- **Encouragement.** Staying in touch with others who are striving for good health gives you a boost to keep going when old habits come calling.
- **Support.** A medical expert can help you set and achieve your goals.

Take One Day at a Time

Progress comes slowly, but success comes every day.

- **Acknowledge and celebrate small victories** along the way.
- Have to miss a day at the gym? Go for a short walk to **keep exercise on the agenda.**
- **Renew your resolution every day**, no matter what happened yesterday.



Visit weillcornell.org/doctors to find a provider who can help you stay on top of your resolutions all year long.