

# Asset HealthTalk

Keeping your health and wellbeing in the know



“For last year’s words belong to last year’s language, and next year’s words await another voice. And to make an end is to make a beginning.”  
- T.S. Eliot, “Little Gidding”

## How to Really Follow Through With Your New Year’s Resolution

Each year, millions make promises to themselves on New Year’s Day that they break come February or March:

- “I’m going to lose 15 pounds.”
- “I’m going to eat healthier.”
- “I’m going to stop smoking.”
- “I’m going to work out four times per week.”

These are some common resolutions that many desire to accomplish, but after a few weeks of hard work, it is easy to become sidetracked and fall back into previous routines. Old habits die hard— or so they say.



**Welcome to 2016!** A new year is a chance for new goals or a fresh take on old ones. Setting a new goal doesn’t have to be tough. Here are 10 easily-obtainable, healthy goals to try in 2016. In fact, they’re so simple, you can do one each day. How’s that for a high success rate?

### Try these simple steps when making your 2016 resolution:

**1. Keep It Real** – Resolutions are all about trying new things, breaking bad habits and all around improving your life. That said, do not make a resolution that you know you can’t keep. Instead, make a resolution you know is reasonable. If you reach that goal, create another one!

**2. Focus on One Behavior at a Time** – If you’re trying to quit smoking, lose 20 pounds, and visit seven different countries this year, it might be a stretch. But it’s not impossible! Try to accomplish one goal at a time so you can focus on making improvements without getting overwhelmed.

**3. Talk It Out** – Let your friends and family know about your resolution – shout it from the rooftop! Sometimes you might need a little help, and that is A-OK. When

you share what you’re going through with people in your life, the extra accountability can help you reach your goals.

**4. Keep Trying** – Nobody is perfect. If you’ve been working out five days a week for six weeks straight but on the seventh week you only make it to the gym once, do not fret. Don’t beat yourself up. Try, try again – and again! Remind yourself how far you’ve come. Remember that your body is your temple and you deserve this improvement in your life. Besides, you wouldn’t have made this your New Year’s resolution if it was going to be easy. You owe it to yourself to stick to your goals, because nobody else is going to accomplish them for you.

“Making Your New Year’s Resolution Stick,” American Psychological Association Staff, [apa.org](http://apa.org), Dec. 9 2015.

### Plan a microadventure.

A microadventure is an adventure that is short, cheap and doesn’t require much planning. Examples include taking a nighttime hike, watching a sunset, camping in your yard or exploring a new town.

### Don’t snack from the bag or box.

When snacking today, don’t eat straight from the bag or box. Measure your snacks in healthy portion sizes.

### Clean your kitchen.

Believe it or not, a messy kitchen may derail your healthy eating plans by preventing you from cooking.

### What’s an extra five minutes?

Add five extra minutes to your workout today.

### Make a plan.

Plan your workouts for the rest of week. If you add them to your calendar, it’ll be easier to follow through since you have already set aside time in your schedule to exercise.

### Get some down time before bed.

Turn off all electronics an hour before hitting the hay. That includes your TV!

### Picture it to achieve it.

Print a photo of your next goal, such as a vacation you are saving for, and pin it to your fridge to keep you motivated.

### Laugh about it.

Find something to laugh about with someone at work. We all know the health benefits of humor, but did you know it can enhance your work success, too?

### Keep your eyes on your health!

For every 20 minutes you spend looking at a computer screen or TV screen, look at something 20 feet away for 20 seconds. This is called the 20-20-20 rule.

### Create a to-don’t list.

List things you won’t do as a way to stay focused and healthy.

Feel like these daily challenges aren’t stimulating enough for you? See if you can set a new goal and try your best to stick to it for the next five days. For example, for the next five days, eat an extra serving of veggies each day.



## ENRICH YOUR LIFE WITH ASSET HEALTH'S 6 R'S

In 2016, we at Asset Health are taking time to Rest, Relax, Reflect, Relate, Rejuvenate and Refuel. We call them the 6 R's and believe they can lead to greater vitality, health and wellbeing.

### REJUVENATE

Exercise is both physically and mentally invigorating. Physical activity can boost your energy, help prevent serious health conditions and improve mental performance. Find activities you enjoy. If you're social, participating in a sports league may be a fulfilling option. If you like to use exercise as a way to reflect, lone endeavors may be your most enticing options, such as running or biking. Aim for at least two and a half hours of moderate-intensity aerobic activity each week and perform strengthening activities two or more days per week.



### REFUEL

Fueling your body with a balanced diet comprised mostly of whole foods, such as fruits, vegetables, nuts, seeds and grains, can improve energy and help prevent disease. Whole foods are loaded with fiber, vitamins, minerals and phytochemicals that work together to provide disease-fighting nutrients.



### RELAX

Relaxation is essential to total mind-body wellbeing. It can take many forms, including enjoying a hobby, walking in a park or spending time with loved ones. Taking a physical and mental break can help you be more productive in your personal and professional life. The exact activity doesn't matter as much as your state of mind while doing it. Use it as an opportunity to find solace from life's stressors. Take time every day to relax, even if it's only for a few minutes.

### REFLECT

Prayer, breathing techniques and practicing mindfulness are all paths to reflection. In comparison to relaxation, reflection involves having an active, contemplative mind. Taking time to reflect sparks ideas, allows you to reassess your priorities and can help you identify goals. By regularly taking time to reflect, you can gain a greater understanding of yourself. Using specific meditation techniques can help focus and quiet your busy mind. To achieve even greater emotional wellbeing, incorporate gratitude, joy and optimism into moments of reflection.



### REST

Setting aside time to rest and recharge can help you achieve optimal health and wellbeing by protecting your physical and mental health, quality of life and safety. You should aim to get seven to nine hours of quality sleep each night. If a racing mind keeps you up at night, try jotting down your thoughts on a notepad next to your bed.



### RELATE

Having healthy relationships is a fulfilling part of life. On the other hand, unhealthy relationships can take a toll on your wellbeing. Both personal and professional relationships require attention and effort. Key components of healthy relationships include quality time, respect, communication, flexibility and trust.

"How Much Physical Activity Do Adults Need?" CDC, cdc.gov, accessed Dec. 5, 2015.

"How Much Sleep Do We Really Need?" National Sleep Foundation, sleepfoundation.org, accessed Dec. 5, 2015.

