



January.....A Month of Resolutions

January is well-known as a month of new beginnings, including New Year's resolutions. Some of the most popular resolutions have to do with exercising and eating healthy. Many of these resolutions can be difficult to stick with especially when the expectations are set too high.

Here are some tips to successful eating changes:

- Start small-small changes can be easier to stick with...try swapping out one unhealthy meal with a more healthy option daily or instead of cutting out a food entirely, try cutting back on the amount per day.
- Stay positive-we all have bad days or days we may not make the best dietary choices. Tomorrow is a new day! |
- Steer Clear of fad diets-these types of diets may promise quick results, but generally are not easy or realistic to follow long-term. Focus of healthy choices versus a quick fix.
- Plan ahead-it is much easier to follow through with healthy eating when you plan a menu and have snacks prepared ahead of time. Planning ahead can also make your grocery shopping much easier!