

Resolution fatigue

By Nina Novikoff, HR Director

You started the New Year aboard the “New Year, New You” bandwagon, and are starting to understand why most resolutions don’t make it past February. If you made a resolution, or have set goals that may waiver under the sugary sweet bliss of Valentine’s Day treats and are looking for tricks to stay on track, read on.

That New Year’s resolution enthusiasm for weight loss can be invigorating, then exhausting, and then vanish all together. To prevent resolution fatigue, start with small, achievable steps, rather than setting tremendous and unrealistic goals. Try increasing your workouts a little each day or reducing small amounts of calories daily. Mobile apps are a great tool to stay on track, whether you need help with a daily calorie budget, food and water tracking, or staying focused with your exercise routine. Having a constant reminder will help keep you motivated to make smarter choices and

achieve your goal. Finally, let go of the guilt if you have a slip (or a chocolate or two). “Cheat Days” can provide a much needed mental boost for those on a diet or exercise plan. A reward for good behavior can keep up motivation and morale, as long as it doesn’t turn into a full on fridge raid.

For those who have made your health and wellness a priority for 2018, keep it up! For those that may have been intimidated by the commitment of declaring a New Year’s resolution, now is a great time to start a new tradition and set goals in February. Focusing on your health is something you can start anytime of the year.

If you have questions about what diet and exercise plan is best for your overall health and wellness, schedule an appointment with one of our healthcare providers.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>.

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