



New Year's Resolutions?

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Do you make New Year's Resolutions? Do you typically achieve them?

Studies say that only about 40-50% of us make New Year's Resolutions each year, and unfortunately very few of us actually succeed.

Why is that?

Were they unrealistic? Did we prepare to succeed? Were we ready to make a change?

There is some controversy around making New Year's resolutions; some experts say that you are most likely to make a change **when you are ready** to make a change. This may or may not coincide with January 1st. Others argue that January 1st is the perfect time for a "fresh start" or a clean slate.

So, how do you know if you're ready to make a change? One way is to simply listen to how you talk to yourself. Sometimes it's just semantics.

A key way to know if you are ready for change is if you are still using the word "**try**". If, for example, you say "I will **try** to eat 2 servings of vegetables with dinner 4 times this week", or "I will **try** to make it to the gym 3 days this week", you are leaving it up to many factors (convenience, perceived time, other priorities, etc.).

When you make a decision and commit to it (i.e. you're ready for change), you will find a way to get it done, even when it's not convenient or you are not feeling motivated.

Not ready for a change yet. How can you get ready?

Think about **why** you want to change, not to just lose weight or be more active for example, but why do you want those things. Maybe so you can be around for your children or grandchildren, or maybe to have the energy to enjoy certain activities. Ask yourself "*what will be different, and better, when I am living a healthier lifestyle and taking care of myself?*" How will being at a healthy weight (or healthier in general) allow me to be a better parent, friend, co-worker, volunteer, partner, etc.? This is what will help you stay committed to your goals even when you don't feel like it. It is easier to do the things you need to, day to day, when you have a greater purpose for making tough choices.

It's not enough to want it; you have to take the time, put in the work, and make this journey about self-improvement and self-care.

Also, make sure you are prepared. We've all likely heard the quote, "If you fail to plan, you plan to fail". This is so true! For any goal, health related or not, you have to plan and prepare to be successful.

Don't forget to check out last January's [blog](#) on how to set those goals!

Recovering from the holiday feasting!

Many times after eating "not so good stuff" for a while, my body craves vegetables. What I think it's actually craving is all the amazing nutrients in those vegetables. This is one salad that has it covered! It's loaded with fiber, vitamins, minerals, antioxidants, and healthy fats, many of the things needed to support our bodies [own detox process](#) and support our immune function!