



HOW TO MAKE A FRESH START FOR THE NEW YEAR

BY CYNTHIA SASS

The New Year is a natural time to make a fresh start, but adopting new healthy habits can also be overwhelming. If you're motivated to get healthy this year, but you're not sure where to begin, try the written exercise below. With these five simple steps you'll be well on your way to a healthy, happy, and balanced 2016, with new habits you can maintain for a lifetime.



STEP 1:

Take out a sheet of paper. Make a list of all of the health-related habits you'd like to change, which may include being more active, drinking more water, getting more sleep, eating more veggies...



STEP 2:

Pick up to three changes you'd like to make (note: choosing more than three can be too overwhelming – if you want to make more changes start with three, then once they become habits add more goals). Create specific goals you can track and measure. For example, rather than "I want to drink more water" you might opt for "I want to drink four 16 ounce glasses of water each day" or "Every time I think about reaching for a regular or diet soda I will choose water instead." Rather than "I want to eat more veggies" select something like "I will include at least one tennis ball sized serving of veggies in all of my lunch and dinner meals." If your goal involves exercise make it as specific as possible, like "I want to go for 30 minute walks five days a week."

2016



STEP 3:

Now that you have concrete, specific goals track them. You can use an app, or good old-fashioned pencil and paper journal.



STEP 4:

If you're struggling to hit the mark for any of your goals don't beat yourself up. Just zero in on what gets in the way, and try to work on reducing the barriers, or garnering support. For example, if you're having a tough time with exercise, recruit a workout buddy. If you just don't like the taste of plain water add a little lemon, lime, mint, or mashed fruit.



STEP 5:

Continue to track your progress until each of the goals you've chosen feel like effortless aspects of your normal daily routine. And if you'd like to continue to add new goals, keep going, at whatever pace feels right for you, and be sure to celebrate your successes along the way.



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YOUR HEALTH QUESTIONS
& CYNTHIA SASS WILL ANSWER THEM!

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