

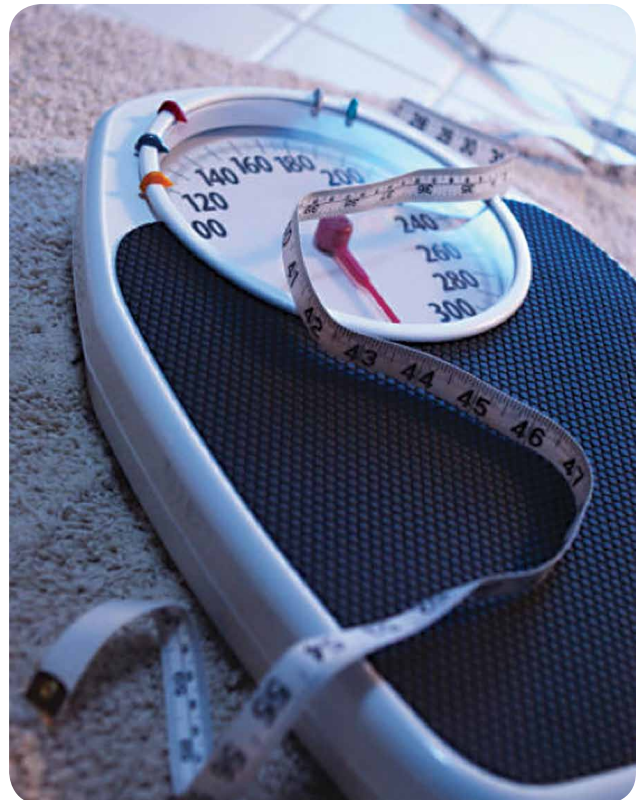
A New You: Keeping Healthy New Year's Resolutions

Smart Goals

Choose one of the 10 most common New Year's Resolutions and create your SMART (Small Measurable Achievable Realistic Timely) goal!

Circle Your Top New Year's Resolution:

1. Lose Weight & Get Fit
2. Quit Smoking
3. Learn Something New
4. Eat Healthier & Diet
5. Get Out of Debt, Save Money
6. Spend More Time with Family
7. Travel to New Places
8. Get Less Stressed
9. Volunteer
10. Drink Less
11. Other: _____



Make your SMART goal

How will you get support with this goal?

My Support: _____

(continued on other side)

Losing Weight is the #1 Most Popular New Year's Resolution

If losing weight is your top New Year's Resolution, be smart about how you lose weight. Change your lifestyle to include health diet, physical activity, and a support system.

Physical Activity (1 hr)	Calories burned (person weighing 160 lbs.)	Calories burned (person weighing 200 lbs.)	Calories burned (person weighing 240 lbs.)
Walking 3.5mph	314	391	469
Running 5mph	606	755	905
Biking leisurely (<10mph)	292	364	436
Swimming	423	528	632
Stair Treadmill	657	819	981
Tennis singles	584	728	872

SmartPhone Apps for Success

Whether you are just trying to lose that extra pound from the holidays or you are trying to lose several pounds, you may want to consider using an app for that!

Why are phone apps successful?

- Empowering and engaging
- Provides accountability and education
- Provides social support—interact with virtual communities

Examples of apps are:

- MyFitnessPal
- Loselt
- Sparkpeople
- MapMyRun
- CalorieKing
- FitBit
- Fooducate (grocery shopping)

Check out the "Fad Diet Timeline" at:

www.eatright.org/nnm/games

Fad Diets Promise Quick Weight Loss and Miraculous Results

Be wary of popular fad diets with big claims.

Fad diets may:

- Eliminate entire categories of foods (i.e. fat, sugar, carbs, etc.).
- Prescribe specific amounts of specific foods in specific combinations.
- Sell pills and powders.
- Recommend to skip meals or replace meals with specific bars or shakes.

This tip sheet is provided by: