

New Year's Resolutions



Approximately 40-45% of people set forth a new year's resolution. Eating healthy tends to be the top priority for most people entering the new year. Repeating the same resolution year after year indicates a poor plan. Here are 5 tips to achieving a sustainable healthy new year.

1. Know what you are eating

To understand how to change your eating habits, it's important to first know what's on your plate. Many foods are assumed to be healthy but unless you read the food label you never really know. Knowing the right portion is also essential.

2. Start with a plan

With a busy lifestyle it's difficult to plan when unhealthy food is so accessible. Packing a lunch for work and planning your meals can make a huge difference. This requires a plan in the beginning of the week to prepare enough that will last for 2 or more days. Slow cooker and Pressure cookers can help.

3. Set Reasonable Expectations

One of the reasons why most people are unsuccessful is because expectations are set too high. Small changes to a weekly diet have proven to be more sustainable and is easier to adapt to a healthier way of eating.

4. Eating Out

Enjoy your favorite meal at your favorite restaurant. You will need to follow up with a stringent plan the day before and after to accommodate for your night out.

5. You're Not Perfect

Although most understand this concept, we still set expectations for perfection. Getting "off track" can easily be resolved by simply getting back to your original plan by prioritizing your health. That way next year's resolution won't be another repeat.

Thank you for taking the time to read this article. Cardio Physical Therapy PLLC, works with people that have heart disease. Some of these tips provided above are used to successfully implement a plan toward a healthier lifestyle. Contact me for more information regarding the services we provide and check out my website for more information. Author Jeremy Voorhees PT CCS CCRP



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