



Clemson Health Awareness and Nutritional Growth for Every Student

Make Your Healthy New Year Last All Year

Every year after the holidays, we resolve to take control of our lives. We want to get past any overindulgence of the season or the past year. We strive to start anew. Diet, exercise and better general health are usually high on resolution lists. In January gym memberships and diet program enrollments are at an all time high. Alas, by the end of January, many of us are back to our old ways. How do we avoid the pitfalls of returning to old habits? Remember it's never too late to start!



Set realistic goals

If you're serious about change, the first step is to set realistic goals. Making unrealistic or inflexible resolutions is one of the top reasons that so many people abandon their plan before the year is out.



Create a step by step plan

Resolutions are merely a starting point. Breaking your resolution into small manageable steps that can be repeated year round is one key to success. Focus on day-to-day behaviors that will help you to achieve your long term goal. Choose simple activities that you can track each day or each week.



Share your goals with friends or family

Don't keep your resolutions to yourself. Enlist the support of friends or family. It's much easier to keep on track with your workout schedule if you have a buddy. Sharing can help you to feel more accountable for your behavior and therefore more motivated to achieve your goal.



Stay flexible

Flexibility is another key to success. Expect that your plan will change. When there are occasional setbacks, be willing to make adjustments as needed to get back on track.

Reinvalidate your New Years resolution with these tips and make 2012 your year to become a healthier, happier you!

If your lifestyle gets in the way of your healthy eating and weight loss goals, a few small changes can lead to long term results.

Happy healthy shopping

Healthier eating starts with healthy food shopping. Recent research from Cornell University's Food and Brand Lab suggests that "if you see it, you'll eat it." So stock up on better-for-you foods every time you shop. Healthy shopping leads to healthy eating.

Made to order

Plan to eat at a restaurant or order take-out? Choose grilled or baked over deep-fried. Always include vegetables - raw, steamed or lightly sautéed - or tossed salads with low fat dressings. And steer clear of dishes with lots of cheese, sour cream or mayonnaise so your restaurant meals fit with your healthy resolutions.

Out of sight, out of mind

Sometimes having too much food around you can lead to bad habits. Are large platters of family style meals encouraging too many second helpings? Try serving food from the kitchen instead. Are bowls of snacks in front of the TV testing your resolve? Get rid of the snacks and try the "chew-while-you-view" trick, replacing high calorie snacks with sugarless gum.

Walk the walk

Strap on a pedometer, lace up your walking shoes and meet a few walking buddies! Before long, exercise will be part of your daily routine that you won't want to miss.

Track your activities and stick with your resolutions for a Happy, Healthy New Year!



Jon Unsworth
Dietary Specialist
Clemson Dining Services
Office: 864-656-0943
E-mail: Nutrition@clemson.edu