

## Jump off the Bandwagon...Change your Life!

A New Year means New Year's Resolutions. But instead of making a resolution that may or may not last (you or our family may have broken it already), try out these helpful tips to jump off the bandwagon and change your life!

### **Tip #1: Make a SMART Goal!**

Specific Measurable Attainable Reasonable Timely

"I want to lose 5 lbs in two months by eating right and exercising in the gym so I can be healthy, fit and energetic."

### **Tip #2: Post your goal EVERYWHERE!**

Constantly remind yourself of your goal by posting it in places that you visit often! The bathroom mirror, the refrigerator, and your work area are great places!

### **Tip #3: Make your exercise time a PRIORITY!**

Do you regularly skip other appointments you make? Don't skip an appointment with your health!

### **Tip #4: Put together a PLAN!**

When are you going to exercise? Before work? After work? Would it be helpful to hire a personal trainer or join a fitness group? PLAN when and how you are going to get your exercise!

### **Tip #5: Track your PROGRESS!**

Take photos and measurements every 4 weeks to see the progress your making. Log your exercise and food to give a visual reminder of how much you have improved from day 1!

### **Tip #6: Make exercise FUN!**

Exercise doesn't always have to be work. If you struggle with going to a gym every day, find an activity that you enjoy and look forward to doing!

### **Tip # 7: Create YOUR own exercise RULES!**

Sit down with yourself and agree on a few rules that you have to follow. This could be exercising 3 times a week for 60 minutes, regardless of the activity. This can help you stay accountable, committed, consistent, and disciplined.

So jump off the bandwagon and change your lifestyle! With this [special](#) you can work out with your family member at the Campus Recreation Center and make the first step towards your goal!