

New year, new you: staying motivated in 2011



The prospect of making New Year's resolutions can be quite daunting.

You know from past experience how likely you are to break them. But for many people, planning exactly how they'll put resolutions into action improves their odds for success.

Try the following tips for some common resolutions to help

you stay motivated all year long.

Dropping pounds ... permanently

A low-carb, high-protein diet may be the most effective one for initial weight-loss efforts.

But just about any diet can help you lose weight.

It's keeping off those pounds that poses the challenge.

A recent study in the New England Journal of Medicine concluded that weighing themselves daily helped adults maintain their weight loss.

Smoke-free forever

Quitting smoking cuts

your risk for cancer, heart disease, stroke and infertility.

But you'd better prepare for the most common withdrawal symptoms, such as irritability and restlessness.

Feeling restless can linger until you find a replacement behavior.

How about exercise?

This quitting aid can brighten your mood and combat any resulting weight gain.

Staying in motion

It's easy to keep that resolution to exercise when everything else in your life goes according to plan.

But how can you stay ac-

tive when your child is sick, when it rains or snows or when you go on vacation?

Planning for such interruptions can help you stay focused and motivated during these times.

For example, if the weather is bad, try a workout video, join a sports league or get a head start on some strenuous spring cleaning, such as window washing.

While you are on vacation, stay at a hotel with a pool or fitness center.

"When starting an exercise program you should always check with your physician to make sure you

are healthy enough for exercise," said Dustin Del Rio, exercise physiologist with the MTMC Wellness Center.

"Once cleared, meet with a registered dietician who can inform you about what you should and should not be eating to reach your goals, as well as an exercise physiologist to get you started on the right exercise routine for you," Del Rio continued. "Talking with a fitness professional near you will save you from wasting time doing the wrong things, and get you started in the right direction." **MP**