

# SUNDAY MORNING Health Corner

## 4 Tips to Achieve Your New Year's Fitness Goals

Kicking off the new year with new goals and visions is an age-old tradition championed around the globe. Nearly 50% of Americans make new year resolutions focused on fitness and nutrition each year. Yet, by Valentine's Day, almost 90% of people have abandoned their resolutions. That doesn't have to be you! Changing lifestyles to incorporate more physical activity and healthier food choices is challenging but not impossible.

**Make 2022 your best year yet with these 4 tips:**



**Be committed.** Go for your goals this year! Resolve to focus on yourself by putting indecision and fear on the shelf. Then decide to stick to your goals no matter what obstacles arise during the journey.



**Think small.** Long-term goals, like fitness and nutrition resolutions, are a lifelong commitment. So, take a step-by-step approach. Break your big goal into smaller realistic, and feasible goals.



**Go slow.** Develop a solid foundation of fitness and healthy eating by slowly incorporating physical activity and more nutritional food options into your routines. Then build upon that foundation as your stamina increases.



**Ask for help.** Don't make the mistake of assuming you have to achieve your goals alone. Ask a friend to help. Having a friend to offer support or share in similar resolutions greatly increases your chances of sticking with new year's resolutions. So, find someone you trust to join you for exercise and healthy meal planning.



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