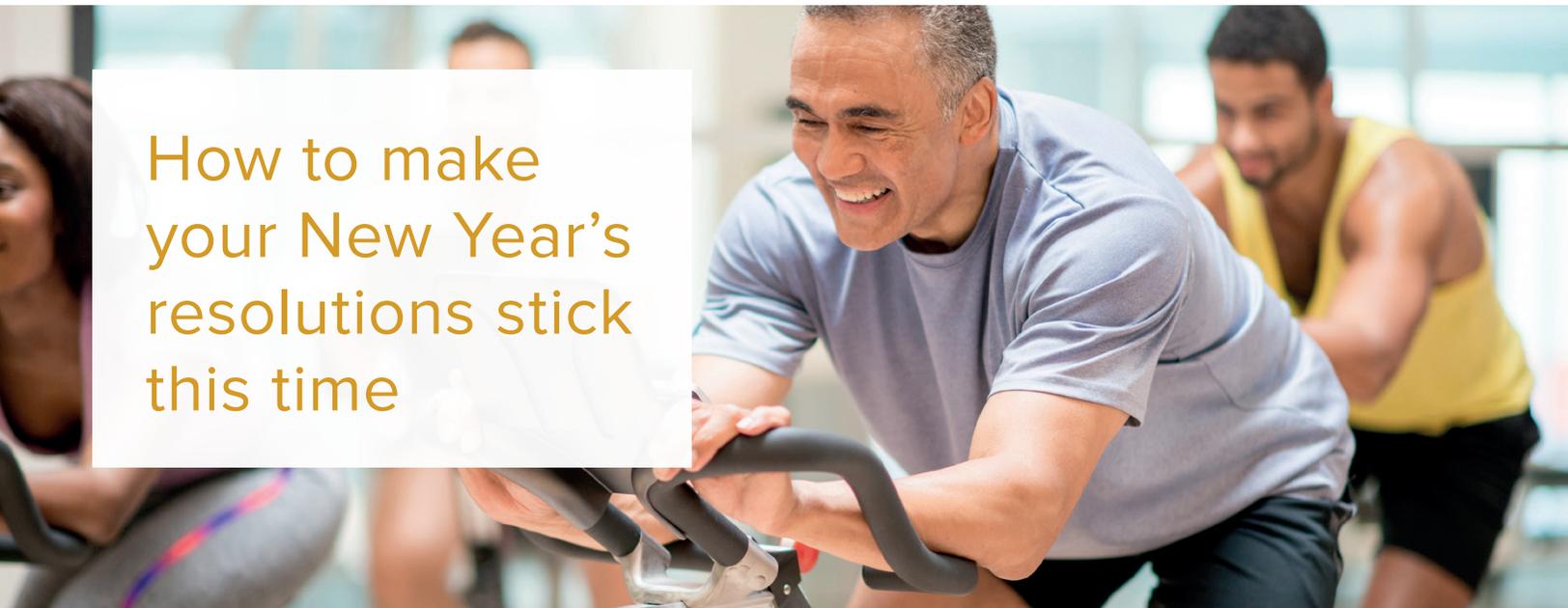


Let's be well



How to make your New Year's resolutions stick this time

Most people go into the new year with good intentions to stick to their resolutions. But how do you avoid giving up a few weeks...or even just days in? Below are some helpful tips that can help you stay on track.

Six ways to stay on track with your 2020 resolutions:

1. **Set practical expectations** – Create small steps that can help you achieve your goal by using the SMART goal method (specific, measurable, attainable, realistic and time specific)
2. **Develop an action plan** – This will help you keep track of your progress
3. **Plan for obstacles** – You will face challenges, so have a plan for when you do
4. **Implement a supportive environment** – Have a buddy system where a family member or friend can hold you accountable and encourage you to stay motivated
5. **Reward yourself** – As you achieve your small goals, build in rewards to celebrate your progress
6. **Add variety** – Keep things interesting by adding new challenges or expanding on current goals

By implementing these strategies, you can boost your chance of making a change a habit and adopt it as part of your everyday lifestyle.

Unsure of what your resolutions should be?

Make health a priority for the new year. See below for examples of health-related goals that you can implement.

- **Maintain a healthy weight:** To maintain weight through physical activity, get 150 minutes of moderate intensity aerobic activity or 75 minutes of high intensity aerobic activity per week
- **Rethink your drink:** Substitute sugary and alcoholic drinks with water
- **Get enough sleep:** Maintain a structured sleep schedule by going to bed and waking up in the morning at the same time on weekdays and even weekends
- **Schedule your checkups:** Visit your health care provider regularly for preventive services like cancer and diabetes screenings

Check out more ways to boost your health in the new year:

[cdc.gov](https://www.cdc.gov)