

New Year, New You

Tips to Keep Your Healthy New Year's Resolutions

- Pick one thing that you want to change or set one goal that you want to accomplish.
- Take small steps, or make small changes every day to incorporate change into your life.
- Be sure to congratulate yourself for making these small changes.
- Learn to take setbacks in stride and recommit to your goal.

Let Your "Why" Be Your Guide

Many of us exercise, but *why* do you do it? Lots of people try to eat a balanced diet, but *why* do you choose to do so?

Your why is:

- **Personal.** You do what matters most to you. Whatever your goal is, your *why* is as unique as you are.
- **Purposeful.** Whether it's to look good for your high school reunion or be strong enough to keep up with your kids, your *why* has meaning. It can motivate you to stick to your goal. In fact, studies show that simply having a goal or making a resolution greatly increases your odds for success.
- **Valuable.** Your *why* adds something good to your life and is worth the effort.



It's never too early
or too late to
work towards
being the
healthiest YOU.

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Share Your Goal

Check out Working for a Healthier Tennessee on [Facebook](#), [Instagram](#) or [Twitter](#) and share your 2019 health goal and *why*. Use the hashtag [#CommitToYourWhy](#).

To help your department's Wellness Council earn wellness points this quarter, please be sure to include your department's name in your post.