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# News Years Resolutions

As we move towards the New Year, it is time to start thinking about what we will do in 2010. If you are like most people, you will have a list of things you want to accomplish in the new year and many of them will be related to your health. When you make your list, just make sure you are realistic. Set yourself up with goals that you can reach and give yourself some room to succeed when tough times come.

One of the things that can help you reach your goals is to leave yourself a day of the week where you don't have to do whatever it is you are trying to do. If your goal is to exercise more, make sure you plan on a day of rest. If you are going to eat a healthy diet, make sure you leave yourself a day where you can eat unhealthy food.

Another thing that can help you reach your goals is to give yourself a reward when you reach certain milestones. If you are trying to lose 30 pounds, make sure you celebrate when you lose 10 pounds then again when you lose 20 pounds. And when you lose 30, go nuts and party!

The last part about resolutions is to make new ones when you reach your goal. If your goal was to lose 30 pounds, make a new goal of losing 5 more pounds or getting six pack abs. Just keep moving forward.

Now go enjoy the holidays so you are well rested for the New Year and all the hard work you will do!

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