

# *Nutrition in the Dining Hall*

## **Succeed in your New Year's Resolution!**

To have success incorporating those New Year resolutions into your life, it is imperative you face the **root of your desire (the why, what and how)** and **picture the exact results you want to achieve.**

Here are some practical suggestions to help guide you along the way:

- **Determine what it is you want** – stronger body? more energy? lose those extra holiday pounds?  
The goals can start BIG, but must become specific.
- **Make a plan** – how will you do this, where will the support come from; what are the barriers you will face and how will you overcome each of these.
- **Decide you are ready to do it** – believe you can and will do it; see and feel whatever it is you are resolved to do.
- **Decide what success looks like** – determine your overall goal, and what the mini-goals (milestones) are along the way.
- **Plan the reward for yourself** - perhaps a new piece of exercise gear, new clothes or a book you've wanted.

So, there is a method to keeping your New Year resolution! For more information, check out these sites!

### **Check out these good resources:**

- ✓ Check out [www.EATracker.ca](http://www.EATracker.ca) and receive personalized feedback on your daily food and activity choices.

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