

## **Small Changes, Big Rewards - After the New Year's Resolutions to Lose Weight**

Did you make a resolution to lose weight this year? This is one of the most popular New Year's resolutions, and the one that is most often unfulfilled. After all, it's not easy changing long-time eating and exercise habits. So how can you follow through and stick to this resolution? The best way is to take small steps toward changing these habits. Consider:

- Making changes now instead of waiting until you have a full-blown plan in place. This way, you won't procrastinate or feel overwhelmed, and you'll see the benefits more quickly.
- Adding a little extra activity to your day. Starting an exercise routine can be intimidating, so make some changes in your daily routine to be more active. For example, consider walking from work to appointments if they are nearby. Or, when taking the elevator up to your office, get off at a lower floor and take the stairs. Over time, you can gradually increase this activity and make it part of your daily routine.
- Setting realistic goals. For example, consider reducing your current body weight by 10 per cent. It's a relatively easy goal to achieve, and it can have a significant positive impact on your health.
- Watching your portions. How much you eat is often more important than what you eat. Cutting portions means you can continue to enjoy the foods you love without guilt or weight-gain.
- Buying smaller or single-size versions of your favourite snacks. Depriving yourself of something you love only increases the risk of stress and overindulgence.
- Focusing on the weight you've lost, not the weight you need to lose. Remember, each pound you shed brings you closer to your goal. This will help you stay positive and on track.
- Keeping a journal of your progress. Monitoring your success and achievements is a great way to stay motivated, and it will help you develop a plan that you can follow for life.
- Forgiving yourself when you make a mistake and moving on. That way, you'll get back on track and regain your momentum quickly.
- Avoiding crash diets, which can actually have a negative impact on your health. The best way to take excess weight off, and keep it off, is to do it gradually.

Remember, it takes time for new habits to become routine. Stay focused and, with time, these small steps will result in significant improvements, not just in your health and weight, but also in your self-esteem and confidence.

Permission to reuse or redistribute these materials is hereby granted provided they are reproduced or redistributed in their entirety with full attribution. (c) 2008 Colette Robicheau

Colette Robicheau, President of Organize Anything, is a consultant, coach, and public speaker offering corporate, residential, and personal organizing services. For more information contact Colette Robicheau, Organizing Consultant and Coach visit her website [www.organizeanything.com](http://www.organizeanything.com) or email [info@organizeanything.com](mailto:info@organizeanything.com).