

Health Unit Media Release

Date: January 4, 2007



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Do you have a New Year's Resolution?

Does it involve making changes to your current lifestyle?

In order to become more active, eat better, cut down or quit smoking it is important to plan ahead. The more sensible and well thought out your plan the better your chance of succeeding.

Some points to consider as you prepare your action plan:

1. **Where are you right now?** How much physical activity do you get? How does your eating compare to Canada's Food Guide? How much and how often do you smoke?
2. **Be Realistic.** How realistic are your health goals? Trying to completely change your habits overnight can be overwhelming and lead to frustration. Your resolution should be something you can work towards gradually so you do not set yourself up for disappointment. If you rarely walk, set a realistic goal you can stick to like "I will walk for 15 minutes at lunch twice a week". Slowly increase the length and frequency of your walks, and begin to add a variety of types physical activities to your day. *Remember, it is easier to make one small change at a time, and once that becomes habit, make another small change.*
3. **Get friends and family support.** Let people close to you know what your goal is so that they can help support you along the way. Do you have friends or family that have similar goals, or someone who could be a buddy so you can encourage each other to meet your goals?
4. **Have a back up plan.** What happens when you go out for dinner, miss out on your usual physical activity, or get stuck in a room full of smokers? Troubleshooting these sorts of problems ahead of time can help you to stay on track.

Visit www.healthunit.org and click on New Years Resolutions to create an action plan to reach your goals and for the new "Movin' Around the Tri-County" a resource with local possibilities for physical activity.