

My 2007 New Year's Resolutions

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Healthy New Year's resolutions you can really keep

(NC)—Eating healthy and starting an exercise regimen are among the most common New Year's resolutions, and yet two of the hardest to maintain. But according to registered dietitian Kim Arrey, there are some simple steps you can take to help you keep your promises and succeed in the long term:

- To improve your diet and lose weight, set measurable goals, like losing 1-2 lbs per week, dropping one clothing size in a month or reducing your cholesterol level by a reasonable number of points.
- Plan healthy snacks ahead of time. Take five apples to work with you on Monday for your 3 p.m. snack throughout the week. Stock your desk drawer with pre-portioned dried fruit and nut snacks.

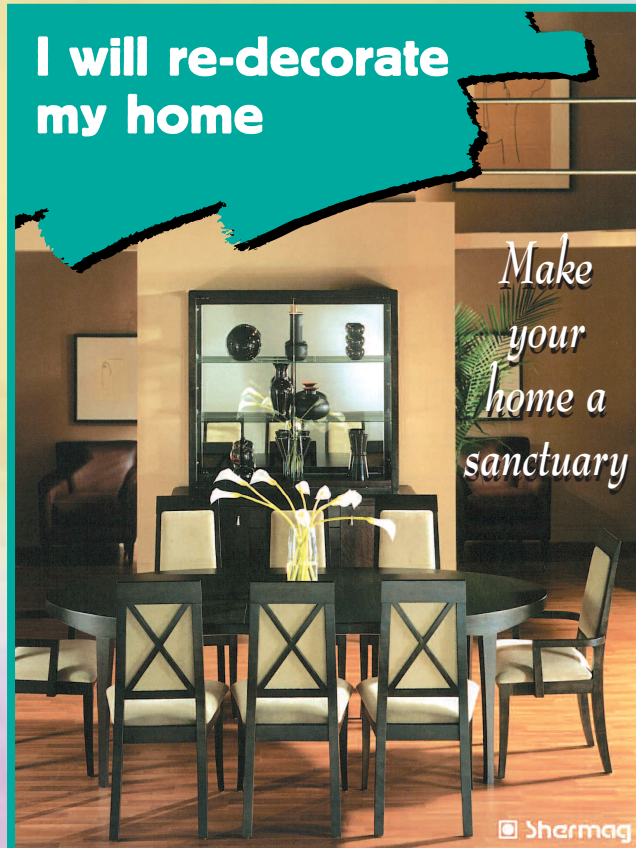
• Think about your dinner menus each week. Have two or three nights a week that include chicken and/or fish. For a quick dinner on busy nights include a meal such as pasta or omelets. Once a week spend more time in the kitchen and make a big batch of chili or a stew for two dinners.

• Keep track of your nutrient intake by using an easy online tool like the Centrum Nutrition Calculator at www.nutritioncalculator.ca. Record your food intake daily and determine where you need to make changes to your diet and try to stay on track.

• Put aside time for exercise by writing workout times on your calendar. Treating exercise like an appointment will help you stick to your regimen.

• Take a daily multivitamin to complement your diet and ensure you are consuming the recommended amounts of vitamins and minerals for overall health and energy.

I will re-decorate my home



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