

If your New Year's Resolution was to lose weight and get fit...know that these resolutions fall by the wayside within two weeks. But also know that it only takes 21-30 to create a good long-lasting habit!

So to ease in to the plan; each week for the next 4-weeks I will share stick-with-it strategies that will make this the year you stick to your resolution!

STICK-WITH-IT STRATEGIES

Week #4---FINAL WEEK

Solidify Changes

1. Think back. List all the changes you've made in the previous three weeks and star the ones that have been easiest to maintain. Modify any changes that are proving difficult and keep only the ones you can live with permanently.

2. Create an exercise alter ego. Calling yourself a runner, swimmer, or cyclist can make it easier to stick with the activity because it's now part of your identity. You'll be less likely to blow off exercise sessions, as fitness is no longer simply a means to a weight-loss end; it is the end.

3. Plan for real life. Slip-ups are inevitable; it's how you respond that matters. Feeling strong enough to get back on the wagon right away is empowering.

4. Believe in yourself. Say; "I think I can!" when your willpower reserves run low. Newbie exercisers who strongly believed in their ability to succeed were most likely to still be exercising one year later. So leave your no-can-do attitude in the dust and hit the road to better health.