



Volume 11 - January 2010

*A Moment With Dr. Moore,
our PhD Psychologist/
Eating Behaviorist*

Turn Your Resolutions Into Reality

It's New Year's resolution time again! Every year we are presented with a new chance to make positive changes in our lives. This year, follow the guidance of these 5 tried and true behavioral strategies to make those resolutions a reality.

1. Start With a Specific, Behaviorally-Defined Goal

Goals that are poorly defined are impossible to reach and can leave us feeling frustrated and hopeless. When formulating your goals for 2010, think about what you would like to achieve, then list the behaviors that will get you there.

- Try This: Instead of setting a goal to lose 25 pounds, think about what behaviors you'd like to do more (or less) of in order to reach this weight loss mark. For example, set a goal to walk 3 mornings a week, eat 1 serving of vegetables each evening, or to limit soda to 3 times per week or to cut it out altogether. These behaviors will ultimately lead you to the weight loss you seek.

2. Set A Realistic Goal

Goals that are too lofty or are too difficult to achieve can be overwhelming and may lead you to throw in the towel early in the process. Set a realistic goal that is easily achievable. Once you reach this goal, you can always build on your success!

Try This: Instead of setting a goal to work out 7 days each week, set a goal to work out twice a week for a 3 weeks. Once you have reached this goal, set a new goal to work out 3 times per week for 5 weeks.

For the remainder of this article please continue to page 2

Helpful Links:

Shop in our online store:

www.imetabolic.com/store

Visit our Bariatric surgical partner WBI:

www.westernbariatricinstitute.com

Learn about preventing Childhood Obesity:

www.obesitypreventionfoundation.org

Monthly online Store Special:

New Year's Resolutions are a nice "idea"

Making REAL, lasting lifestyle changes requires commitment to yourself and your health. Start NOW... The Holidays, and all of the excuses that accompany them are over, it's time ... Check out

our January offer ~**20% off all online store purchases and free shipping on all orders over \$150.00 to the lower 48 states** Enter the code **201020NY** at checkout at www.imetabolic.com/store

How to Burn an Extra 100 Calories

- **Cycling**—10 Minutes—strengthens your legs and heart
- **Walking**— 15 Minutes— Walk briskly at least one day a week.
- **Stairs**— 15 Minutes—Tones legs and bottom.
- **Dancing**— 15 Minutes— Good for heart , legs and mood!

It's not always easy to find the time to do any of these things. In fact it's a lot easier to find excuses not to do them. But if you make the effort to try a couple of these, you will be amazed at how much better you will feel .

Doctor's Orders by Kent C. Sasse, M.D., MPH, FACS, Medical Director of iMetabolic

Plan Dinner Ahead, Dinner shouldn't come as a surprise every night. Try planning ahead more than one night at a time ("What should we have for dinner?") and you'll give yourself a chance to find healthier alternatives to fast food, packaged food or the good old standbys like garlic bread and spaghetti. Try to incorporate fresh produce into each planned dinner.

Try writing out a menu for a week at a time. It may be a struggle to get off work and home by 6 or 6:30, or you might have shift work or a busy family with conflicting hours. Planning in advance will help you figure out healthy meals and cut down on prep time (you can prepare ingredients for several nights at a time, slicing, chopping, trimming, soaking, marinating and storing ingredients to use later) and put the family calendar into perspective.

3. Monitor Your Progress

When making changes overtime, it's easy to lose track. Monitor your progress toward your goals. Monitoring not only helps you see how far you've come, it also keeps you accountable and gives you information about how to make changes that will help you reach your goals more quickly.

Try This: Stay motivated by keeping a log or diary. At the beginning of your diary, write down your specific goals. Keep track of the behaviors you engaged in that are consistent with those goals (see #2 above). Look back every few weeks to see your progress. You may not notice change over a few days, but a few weeks can make a big difference.

4. Surround Yourself With Support

Join a club or group or recruit an exercise buddy. Make your goals public to those around you. Your new habits will be bolstered by the social support. It will help keep you motivated and make it more fun to adopt a new lifestyle.

Try This: Sign up for a 5k walk or fun run, join a health club, or enroll in an exercise class with a friend who would like to get more active too. Make a commitment to your friend (and yourself) to show up each day. Having a friend to keep you accountable makes it easier to get out of bed in the morning!

5. Reward Yourself

Treat yourself to a massage or special gift when you reach a short-term goal. You deserve to celebrate your success! Knowing you have a special gift coming also helps keep you motivated.

Try This: Keep your goals (and monitoring log - see #3) some place you can see them each day. Post a gift certificate, a picture of that special new article of clothing, or another reminder of your gift next to your monitoring log. Reward yourself daily for each accomplishment!