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For my health and wellness, I want to put myself first in 2011. This year will be different. I've made (and broken) unrealistic New Year's "resolutions" before and this year I won't need to repeat the cycle. I am going to take care of myself during this busy (sometimes hectic) time. If that means asking for help, saying "no", or scheduling "down time," I will do it. I'm done being overcommitted.

- I pledge to remember how good it feels when I'm taking care of myself. And when I feel good, I am able to take better care of those I love.
- I pledge to keep in mind that social situations are about the companionship, as much as the delicious food and drinks. I want to enjoy foods that look and taste good while respecting my body's "fullness" and "satisfied" signals. I won't judge myself if I ate "too much" of foods that don't come around that often.
- I pledge to stay in tune with what my body needs, whether that's food, rest, exercise, or sleep.

My well-being is my priority. The goals below reflect the healthiest ways I know how to meet my own needs.

What are three things you can do to make sure your wellness needs are met in 2011? You may want to choose one goal for each of these areas: nutrition, exercise and stress management. Or maybe you want to focus on just one or two areas. These goals are meant to be personal for you! Hang this pledge somewhere you will see it on a daily basis as a reminder of your commitment to honoring your health.

Goal 1:

Goal 2:

Goal 3:

Signature

Date



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Not sure where to start?

Here are some sample pledges and ideas for positive change during 2011 for each of the focus areas: nutrition, exercise and stress management.

Nutrition

Sample Goal: I will set aside 2 hours per week for meal planning.

Why this works: Taking these 2 hours to plan your meals will actually save you time in the long run, and studies have shown that people with a goal and plan going into 2011 actually lose 2.4 lbs on average. Planning may mean taking the time to pick out recipes and making a grocery list, or it may mean identifying which nights you will need to order food out because you will simply have no time to cook. The goal is to reduce the stress and worries of preparing food all week long by having a process in place!

Sample Goal: I will wait for hunger to eat.

Why this works: Tune into your hunger. Wait for signals of hunger to eat and listen to signs of comfortable fullness for when to stop.

Sample Goal: I will eat balanced meals during the day even if there is a party later.

Why this works: On the day of a party don't starve yourself in order to "bank" calories for the party – eat according to your hunger and incorporate the party food into your meal plan. By not eating all day you are setting yourself up to be famished by dinner, and you are very likely to end up overeating at the party.

Exercise

Sample Goal: I will get up from my work desk to walk around for 5 minutes every hour.

Why this works: Almost 40% of Americans engage in no physical activity. Not having the time is often the biggest excuse. Incorporating exercise doesn't have to be tedious or mean you get super sweaty. Every little bit counts. Taking the stairs to a bathroom on a different floor is a great way to add in some activity to the day.



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Sample Goal: I will go to the gym before work 4 mornings a week.

Why this works: Hitting the gym before work is a good way to get in the exercise and not be thrown off your schedule by long workdays or unplanned meetings. Lay your clothes out the night before to save time and motivate you to not hit the snooze button!

Sample Goal: I will meet a friend for yoga 2 days a week.

Why this works: Find a friend to join your weekly workouts – committing with someone else will help hold you accountable and also add some healthy socializing. A friend is probably guaranteed to make you laugh, and laughter is a great “natural” medicine!

Stress Management

Sample Goal: I will dedicate 20 minutes of every day for “me” time.

Why this works: This time could be filled with whatever you need to decompress from the day. Or maybe it's the time you need to start the day off fresh. Whatever it is, give yourself this gift to enjoy!

Sample Goal: I will get 7-8 hours of sleep every night.

Why this works: Getting the appropriate amount of sleep for your body can help keep you mentally sharp and help you cope with stress. Too much stress can affect or well-being, physical health and lead to depression a serious mental illness that needs medical treatment, so we need to have a way of dealing with life's ups and downs. ***Sample Goal: I will start a journal and commit to writing 3 entries per week.***

Why this works: Giving words to your thoughts and feelings on paper can not only help relieve stress, it can also help identify triggers and ways to deal with them. A journal can be a fabulous tool for self-evaluation and self-improvement, not to mention a record of your life experiences.