

New Year's Resolution



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It is January again and you know what that means? Time for New Year's resolutions! What exactly is a resolution?

res·o·lu·tion (rz-lshn)n.

1. The state or quality of being resolute; firm determination.
2. A resolving to do something.
3. A course of action determined or decided on.

What is it that you are resolving to do? Many of us will make a resolution to do something good for ourselves but how many of us really stick with it?

40 to 45% of American adults make one or more resolutions each year.

Among the top new year's resolutions are commitments to weight loss, exercise, and to stop smoking. Also popular are resolutions dealing with better money management and debt reduction.

The following shows how many of these resolutions are maintained as time goes on:

- past the first week: 75%
- past 2 weeks: 71%
- after one month: 64%
- after 6 months: 46%

While a lot of people who make new year's resolutions do break them, research shows that making resolutions is useful. People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions.

This year why not make a resolution to stick with a your resolution. Make permanent lifestyle changes and start off slow. Create a formula for success and build on it throughout the year. Former US Women's Olympic gymnast coach, Jack Medina, says that the best workout program is the one you'll do! Well, create a resolution that you will do.

If you do choose to make a resolution to improve your health, feel free to contact our office at drjay@rrfamilychiropractic.com and we will do our best to assist you to succeed.

Yours in health,
Dr Jay

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