

New Year, New Approach

Waiting till January 1 to make resolutions isn't realistic

What's the number one New Year's resolution according to usa.gov? Lose weight. But why do people wait until January 1 to lose weight? That's a tougher question.

New Year's resolutions *rarely* work. Changing your lifestyle is not easy, especially if your only motivation is a date on the calendar. People with lofty goals of 2-hour gym work-outs and salad-only diets often fall off the wagon with muscle cramps and hunger pangs. This year, keep the same resolution with a different calendar. Don't wait until January to enact your resolution, instead, change your approach early and ease into your resolutions.

If you begin with small changes in early December, you'll be well on your way to healthier lifestyle and a successful resolution by the new year.

Here are some tips from Pamela Ofstein, eDiets.com Director of Nutrition Services on small changes to make now to live healthier then.

eDiets.com Tips for a Realistic Resolutions

Be a food sleuth: Food manufacturers constantly brag about their 'Healthy' or 'Fat Free' products. Read the labels closely, and you'll discover that 'low fat' cookies are just as high in calories as the regular version.

Don't count calories: It's depressing to mentally count the calories of everything you put in your mouth. Enjoy your food, but remember that portion size counts. How much you eat should balance with your activity level.

Explore the aisles: Orange, apple, peach and pear? Boring! Make shopping interesting. Talk to the produce manager and learn about new and delicious fruits such as kiwi, mango, persimmon and tangelos.

Mantra, mantra: Repeat to yourself: 'Living well is the best revenge.' Living well means eating well, exercising and prioritizing. When you see food that's not on your plan, think: "Food is fuel—I don't put 'sugar' in my gas tank.'

Be your gym: A pedometer (a step-counter), a great way to challenge yourself and track your exercise. Aim for 10,000 steps a day – even a sedentary person walks 3000 steps daily. Fast walking is great exercise, easy on your joints but effective.

Hide the scale: Don't weigh yourself for a month. Muscle weighs more than fat and measurements are a better indication of your progress. Your loose clothes and reduced measurements will reveal your weight loss.