

SKIP THE RESOLUTIONS
AND MAKE **REAL**
CHANGE IN 2014!

Anna Jones, MS, RDN, LD

Resolutions vs. REAL Change



- January 1st sparks our desire to make change
- It is a new beginning
- New Year's resolutions are usually unsuccessful
- REAL, lasting changes are slow and steady, not a sprint
- Change your thinking from a want-it-now mentality to small and gradual change for success

Tips for Making REAL Change



1. Are You Ready?
2. Start Small
3. Figure Out Your WHY?
4. Make Specific & Actionable Goals
5. Write It Down
6. Visit Your Default Future
7. Think About Last Year
8. Plan For Setbacks
9. Control Your Environment
10. Get Support

Are You Ready?



- Being truly ready to change is the first step in making REAL change
- Ask yourself a few simple questions to gauge your readiness to change
- See handout

Start Small



- ❑ Weight gain does not happen overnight
- ❑ It likely took months or maybe even years of not great habits
- ❑ Gradual change gives you time to change bad habits
- ❑ If it seems crazy...it is!
- ❑ Quick-fixes and diets simply don't work
- ❑ Make long term and short term goals
- ❑ Losing just 5-10% of your body weight can have a huge impact on blood pressure, cholesterol, etc.

Figure Out Your WHY



- Change is hard, but is easier if you know why you want to reach your goals
 - Heart disease or diabetes prevention?
 - To avoid a diagnosis of high cholesterol or hypertension?
 - To feel better?
 - To fit into your favorite pair of jeans?
- Figure out what motivates you

Write It Down



- Putting your goals down in black & white makes them more apt to happen
 - See “Goal Setting Exercise”
- Post your specific goals where you can see them everyday
- A food diary is one of the most proven, effective ways to change eating habits
- Research shows people who keep them are the most successful with weight loss
- Schedule exercise and write it down ahead of time for the week ahead

Write It Down



- Go back and look for patterns in your eating and exercise behaviors
 - Is there a specific time when you overeat?
 - Are there specific days when you skip exercise?
- Ones to try
 - Lose It
 - My Net Diary
 - My Fitness Pal
 - Pen & paper

Make Specific & Actionable Goals



- Do you have a concrete goal?
 - I want to lose 20 pounds
 - I want to be more active
 - I want to lead a healthier lifestyle
- How will you put that into action?
- What specifically do you need to do today to get started?
- To lose 20 pounds, I will start by...
 - Eating breakfast everyday
 - Eating a fruit or vegetable with each meal and snack

Make Specific & Actionable Goals



- Make S.M.A.R.T. goals
- S – Specific
 - This is the what, why, and how of your goal
- M – Measurable
 - Choose a goal with measurable progress
 - Instead of “I want to eat better” say “I will eat 3 servings of fruit and 3 servings of vegetables a day
- A & R – Attainable & Realistic
- Timely
 - Set a time frame

5

FRUITS & VEGGIES

BREAKFAST

LUNCH

SNACKS

DINNER

TOTAL

PHYSICAL ACTIVITY



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOW IT'S EASY TO KEEP YOUR HEALTHY ROUTINE ON TRACK. With this handy chart, there's no more guesswork about what you did when. Here's the drill. Print out one of these charts each week. Use it to track your food and activity. Your goal is simple. Eat five or more servings each day of fruits and vegetables. Make sure that on five days each week you do at least 30 minutes of some type of physical activity. That's it! Just begin tracking your routine

tomorrow morning and continue for one week. You'll be surprised at how this simple chart can help you spot trends and motivate you to continue. Your doctor will also appreciate seeing your weekly charts the next time you go in for a checkup! It's easy to get started! It's a commitment you'll feel good about!

DON'T FORGET THAT A SERVING IS ABOUT THE AMOUNT THAT FILLS THE PALM OF YOUR HAND.

American Heart Association 
Learn and Live™

Visit Your Default Future



- Your “default future” is where you are headed if you continue to live as you are now
- What does that look like for you?
- Where will you be in 5 years or 10 years down the road?
 - What does the scale say?
 - How is your health?
 - How do you feel?
 - What does your doctor say?
- You have the power to change your future!

Think About Last Year



- Spend time thinking about your past attempts to reach your goal
- Don't dwell and be hard on yourself, be constructive
- What has gotten in your way in the past?
 - No time?
 - Forgetting?
 - Losing interest?
- Identify your typical excuses and areas that could use improvement

Plan For Setbacks

- No person or plan is perfect
- Anticipate obstacles and plan for them
- Know your triggers and temptations
- What are your crucial moments?
 - Do you get fatigued mid-afternoon and crave something sweet?
 - Are you starving when you get home before dinner?
 - Do you feel snacky before bed?
- Come up with solutions before you are in the moment
- This applies to exercise too.
 - Hate getting up and exercising at 6 am? Find a solution.

Control Your Environment



- The world around you greatly influences your choices and behaviors
- What is influencing you?
 - Plate size
 - Glass/Cup size - do you use tall, skinny glasses or short, fat glasses
 - The way your refrigerator or pantry is arranged
 - Do you watch TV or surf the internet while you eat?
 - Do you buy huge containers from Sam's or Costco?
- Become more mindful of your surroundings and what is influencing you

Get Support



- People close to you can both motivate and enable your habits
 - Coworkers
 - Family members
 - Friends
- Get the support you need to succeed
- Get a partner to go on your journey with you
- Reach out to a trainer or dietitian to get you started on the right foot and keep you accountable

Make REAL Change in 2014



- Spend some time contemplating these tips
- It doesn't all have to happen in January
- Remember the most successful changers do so slowly over time

Resources



- *Change Anything, The New Science of Personal Success*
 - By Kerry Patterson, Joseph Grenny, David Maxfield, Ron McMillan, and Al Switzler
- *The Small Change Diet*
 - By Keri Gans, MS, RD, CDN
- *This Year I Will...How to Finally Change a Habit, Keep a Resolution, or Make a Dream Come True*
 - By M.J. Ryan
- *Mindless Eating: Why We Eat More Than We Think*
 - By Brian Wansink