

LIFE-CHANGING: How to make your 2011 New Year's resolutions stick

Health, fitness and diet top resolution list

By Laura Brodnik

laura.brodnik@tweednews.com.au

AS the haze of New Year's Eve celebrations clears, it's time to get down to the tricky business of keeping New Year's resolutions.

When the champagne bottles pop and the fireworks flicker in the sky, it's easy to imagine the life-changing acts that can occur in the new year.

However, in the harsh light of day it can be hard to make New Year's resolutions stick, as reality kicks back in.

Banora Point life coach David Stevens helps his clients to set and achieve meaningful goals.

"If you set a goal it needs to be a realistic one and it needs to be accomplished in a realistic time-frame.

otherwise it can go on forever and a day," Mr Stevens said.

"If you don't have a realistic timeline then you cannot fulfil a goal."

Mr Stevens said the biggest obstacle when it came to New Year's resolutions was personal belief.

"The biggest obstacle when setting a goal is when deep down your belief system does not support it," Mr Stevens said.

"A classic example is smoking. If you vow to give up smoking as a New Year's resolution, it will only work if you truly believe it is the right thing

to do.

"If you still think of smoking as a fun, relaxing and social activity, then you will not be able to give it up."

The most common New Year's Eve resolutions centre around diet, fitness and health, and Coolangatta-based dietician Amanda Clark has some tips to

stay healthy during the festive season.

"It's important to savour your food and pay attention to what you are eating. Alcohol does not fill you up, but adds up in calories. Nibbles never make you feel like you have eaten a meal, so be mindful of this at parties."

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HEALTHY NEW YEAR: Amanda Clark urges us to savour treats, but opt for fruit snacks.

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