

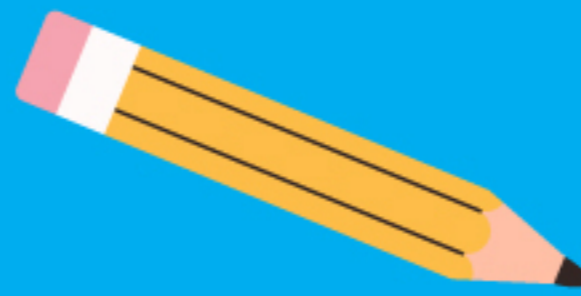


How To Stick To Your New Year's Resolution

1. Write Down Your Healthy Goals

It doesn't matter if your goals are big or small! Here are a few healthy ideas:

- Replace soda with water
- Cook healthy meals at home
- Run or walk a 5K



2. Be Consistent

Even small daily actions can lead to big changes. Don't let occasional slip-ups derail your progress.

3. Seek Support, Find Strength

Ask your friends and family to support your health journey. A workout buddy or a cooking partner can make a big difference.



4. Reflect on Your Journey

You've worked hard to reach your goals. Take a moment to appreciate your achievements.