

52 Tips for the New Year!



The problem with New Year's resolutions is that they're way too big. Lose 30 pounds! Work out every day of the week! Quit eating sweets! We've been there and we know, big resolutions lead to big disappointments when our resolve starts to soften around Feb. 1. So for 2009, we recommend a new tack: Start small. Very small. With this in mind, here are 52 small tips. One for every week of the year. We can't guarantee miracles. But we can guarantee that each small tip represents a practical and manageable change for the better.

1. Drink **diet** soda instead of regular
2. Keep a packed **gym bag** in your car at all times. That way you're always ready to work out.
3. By noon tomorrow, do something that has you in a full **sweat**.
4. When you go into the boss's office, **balance** on one leg. It will strengthen your core.
5. Include two servings of **fruit or veggies** at every meal.
6. Pick out a 5K or bike ride in your community and pay your **registration fee** well in advance. That way you won't drop out.
7. **Tell** a friend that you did No. 6. Now that you opened your mouth, you gotta do it.
8. Eat from a **salad plate** instead of a dinner plate.
9. Don't skip **breakfast**. When we're hungry, we make bad choices.
10. Eat **slowly**.
11. Don't deny yourself a guilty pleasure. But have just **a bite or two** — not the whole thing.
12. Keep a food **journal**.
13. **Sit** when you eat.
14. Order one dessert and **share** it.
15. Only drink alcohol on the **weekends**.
16. If you work out in the evenings, **don't stop** at home from work. The mail, phone messages — and refrigerator — will still be there after your exercise.
17. Use **mustard** instead of mayo.
18. Keep in mind that one portion of meat is the size of a **deck of cards**.
19. Eat **fish** twice a week. Omega-3 fatty acids are good for the heart.
20. **Bookmark** SunSentinel.com/fit on your computer and read it during your lunch hour.
21. Always have salad dressing on the **side**.
22. Eat your last meal of the day at least **three hours** before bedtime.
23. Curtail your **treat consumption**. If you're eating a bowl of ice cream every night, it's no longer a treat. It's a habit.
24. Bake, grill, microwave or steam foods **instead** of frying
25. Set little goals and **reward** yourself, but not with food.

26. If you work out in the mornings, **set** your clothes out the night before so you'll get dressed by rote.
27. When ordering in a **restaurant**, ask the server to bring you half of the meal and to set the other half aside to take home. That way, it won't even tempt you on your plate.
28. Use **olive oil** on bread instead of butter.
29. Substitute **Greek yogurt** for sour cream — a healthier choice without compromising taste.
30. Skip sugar-laden exercise **drinks**. You're probably not working out hard enough to need the electrolytes they provide. Instead, have watery fruits such as watermelon or grapes in addition to water for hydration.
31. Choose egg **whites** instead of whole eggs.
32. **Taste** food before adding salt.
33. **Trim** all visible fat from meat.
34. Use fat-free or 1 percent **dairy** products.
35. Substitute **sweet** potatoes for white potatoes. More flavor and better nutrition!
36. Gradually shift from eating white-flour **pasta** to whole-wheat by mixing half of each until you're accustomed to the flavor and texture of whole wheat.
37. And on that note, eat **whole wheat** instead of white bread.
38. Park **far** from an entrance and walk instead of driving around to find a closer spot. Saves gas, too.
39. Rather than sitting and having a conversation, **take a walk** with a friend or loved one to talk about the day's events.
40. **Before** you eat a calorie-laden treat, go to caloriesperhour.com to see how long you must exercise to burn the calories.
41. Combine a small bit of **protein** with carbohydrates to keep your blood sugar from spiking and making you feel hungry. For example, add a few nuts to your fruit snack.
42. Always keep **nuts and dried fruit** with you so you don't get hungry.
43. Instead of eating whole almonds, eat **slivers**. You'll feel like you're eating more.
44. Make working out a **family** affair. While your kids are on the ballfield, jog around the park.
45. Find workout activities your **family** can do together. Ride bikes, hike or jog.
46. **Alter** your exercise routine to avoid getting bored. If you take an aerobics class one day, try yoga another.
47. Get a workout **partner** so you encourage each other.
48. **Schedule** your workout like an appointment so skipping the gym is not an option.
49. Create a daily **log** of fitness activities with specific goals, then keep track of them.
50. Check out several exercise CDs or tapes from your local **library**. Try them all and buy the ones you like.
51. Go to your local track with a **stopwatch** once a month and time yourself for a full-out, one-lap sprint.
52. When you're home watching TV, sit on a large **exercise ball**, rather than the couch, to tighten your core.