

Topic of the Week

Issue 1, January 2010

WE CARE ABOUT YOUR HEALTH

The S.M.A.R.T Way to Achieve New Year's Resolutions Presented by: Mark J. Glesener, DC

Did you make a New Year's resolution for 2010? A good portion of us make resolutions at the start of every year. But what's the best way to make your goals achievable? In this issue, we share some interesting statistics about New Year's resolutions, reveal some strategies to ensure their success, and give tips for increasing your overall wellness (which should always be one of your top resolutions).

Research on New Year's resolutions reveals...

- 40% to 45% of North American adults make one or more resolutions each year.
- The most popular New Year's resolutions involve weight loss, exercise and quitting smoking. Also popular goals are better money management and debt reduction.¹

Here's how many people keep their resolutions after specific periods of time...

- Past the first week: 75%
- Past two weeks: 71%
- After one month: 64%
- After six months: 46%

The same research shows people who make resolutions are 10 times more likely to attain their goals than people who don't make resolutions.¹ So, set your sights on making one this year.

No matter what you choose for a resolution, use the S.M.A.R.T. system to improve your odds for success.

S = SPECIFIC

It's difficult to hit a target if you haven't defined it. Being specific allows you to sharpen your focus. And with more focus, your chances for success increase. Example: I will see my chiropractor every month to help me achieve optimum health.



Exercise of the Week

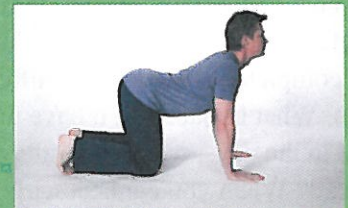
Lumbar extension – “lazy cow”

Difficulty: Beginner to Moderate

(Consult your chiropractor before engaging in this or any other exercise.)

Start: On hands and knees. Be aware of position of spine – start with a neutral spine or a flat back.

Exercise: Allow spine to sag toward floor, bringing lumbar spine into full extension. Also extend neck by bringing chin up toward the ceiling. Hold for 10-15 seconds.



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M = MEASURABLE

You need to quantify what you would like to achieve. Saying that you want to lose weight in 2010 is not the same as saying you want to lose 15 pounds and 3 inches off your waistline during the same period. How will you know you've achieved your goal if you cannot measure it? Being able to measure your achievements also allows you to create smaller milestones on your way to ultimate success. Experiencing smaller accomplishments delivers positive reinforcement, sometimes providing the necessary boost you need in more difficult times.

A = ACHIEVABLE

With goal setting, the ultimate purpose is to experience the feelings associated with achieving success. If your sights are set too high, it's unlikely you'll ever realize these feelings. Furthermore, if goals are set with unachievable expectations, your feelings are more likely to be associated with failure instead of success. See setbacks as opportunities to practice your will power and resolve, and not as examples of inabilities.

R = RELEVANT

What makes your resolution meaningful? Your goals are more likely to be completed if they are significant to you. What impact will it have on your life in the days, weeks, months or years ahead? When you connect with its value, you're more likely to invest the time and energy to make the goal happen. Example: Having regular chiropractic adjustments not only feels good, but they improve the quality of my life!

T = TIME SENSITIVE

Having a specific time frame to accomplish something lends a sense of urgency to the task. And it slashes procrastination.

This year, make one of your resolutions to take good care of your mind and body. Every other intention you set for 2010 will work better when you enjoy good health. So remember to...

1. Get regular chiropractic adjustments - your chiropractor will help you determine the appropriate frequency for you.
2. Exercise regularly - movement prolongs the life of all bodily systems.
3. Eat a healthy diet - to maintain good health and prevent disease.
4. Drink 8 to 10 glasses of water daily. The body consists of 65% water.
5. Think positively - good thoughts lead to good feelings, and good feelings contribute to good health.
6. Sleep at least 7-9 hours per night - sleep is restorative for all systems of the body

Most importantly, we wish each other a *Happy New Year*? Focus on being happy. Start by appreciating what you have now. Then, look forward to your New Year's resolution as a means to enhance your life!



Quote of the Week

"When you get dressed, put on a smile."

- B.J. Palmer

Do you have a friend or family member who would benefit from this information? Pass along a copy of this newsletter.

References and Sources:

1. Norcross JC, Mrykalo MS, Blagys MD, Auld Lang Syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers. *Journal of Clinical Psychology* 2002; 58(4): 397-405.



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