



# 2010

## Don't be a New Years Resolution Dropout

- 1. Don't Bite off More than you can Chew:** It is easy to want to do it all at once, but taking it one day at a time is important
- 2. Do What you Love:** Pretending to love running when you don't, is not going to encourage you to exercise. Find activities, classes, and exercise you really enjoy.
- 3. Play with your Food:** Force-feeding yourself rice-cakes when you think they taste like cardboard isn't going to make you love health food. Experiment with different types of healthy foods to find ones you like.
- 4. The Buddy System:** Motivate yourself by buddying up, this way you will be committing to someone else that will help you stay on the wagon.
- 5. Be True to yourself:** If you decide to buy a gym membership or personal training sessions, be sure the gym and/or personal trainer 'is a match' for you.

For more information visit us at [www.kanecountyhealth.com/coalition.htm](http://www.kanecountyhealth.com/coalition.htm)

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