

[IMAGE]

## 3 Ways to Stick With It

By Editorial Staff

traffic lights - Copyright © Stock Photo / Register Mark **Slow & Steady**

When it comes to health, you have to be in it for the long haul. Health is a lifetime pursuit, which is the challenge and the opportunity. Whether you're committing to a better diet, a consistent exercise program, etc., recognize that lasting changes start slow and stay the course. Jump in without proper planning or pacing, and you'll find yourself jumping right back out again.

### **Break Time**

calendar - Copyright © Stock Photo / Register Mark Your body and your mind both need a rest if you're going to stick with a diet and exercise program for more than few weeks or months. If it's diet, designate a "cheat" day once a week and indulge (don't overload) on one or two of your favorite less-than-healthy foods. With exercise, avoid working out on consecutive days, and take a whole week off every 6-8 weeks and rejuvenate.

### **Goal in Sight**

stop smoking note - Copyright © Stock Photo / Register Mark Without a goal, you can't achieve it, and to achieve lifelong health and wellness, you need short-, medium- and long-term goals. It could be losing 5 pounds this month or 25 pounds this year, improving your cholesterol or body-fat percentage by next year's physical (and the one after that), fitting into a smaller size, running a longer distance; you name it. Set it and then work to achieve it.

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