

6 Choices to Make Your Mental & Physical Goals a Success in 2019

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HEALTH

According to U.S. News, approximately 80% of resolutions fail by the second week in February. Why? Because dramatic, and immediate changes are not sustainable long-term. So this year, make 2019 not a year of resolutions or diets but one of the incremental changes to instill habits that create real long-lasting results. Here are 6 tips:



Do What You Enjoy:

Commit to trying new things or even old things to remind yourself of what you enjoy. This is especially true for keeping active and fulfilling your body's desire for movement and exercise. This can be taking frequent walks through nature, biking, dancing, hiking, or yoga. Start taking ballroom dancing lessons that you promised yourself you would try years ago. Take a barre method class where you can let your inner ballerina shine. Better yet, put that music on full blast while you are preparing dinner and dance like no one's watching. It is not about perfection, it is about finding what you love to do and what brings a smile to your face, then it becomes fun and not something you want to do.

Add Things, Don't Remove Them

If your goal is to improve your nutrition to lose weight and improve your energy levels, try adding foods into your diet like vegetables. Find fun ways to prepare them to fit your taste buds. Often times if you start with a deprivation statement like, "I am going to stop eating all carbs," then the only thing you will think about is carbs. When you introduce something new and start noticing the benefits of that change, then you are often inspired to move on to add the next change. Think addition, not deprivation!

Stop Eating by 6 pm

If you want to encourage the body to burn fat for energy, stop eating by 6 or 7 pm. This allows the body to put most of its energy into rejuvenating and restoring the body for the next day. It also gives the body all the time it needs to use up all the sugar storage in the liver so then it can start burning the fat cells for needed energy.

Take 5 Minutes to Stop & Breathe

If one of your goals is to start being more mindful or to simply start incorporating some relaxation techniques to help you react to stressful events with more ease then perhaps going from not meditating to promising to meditate every day for 45 minutes a day may be a bit overwhelming.

Try this simple strategy, wake up in the morning take a deep breath, record in a journal or on your phone one thing you are grateful for, appreciate or just makes you happy. Read it out loud and then follow with 5 slow breaths and really feel that joy. This way you are starting the habit and getting your body used to what relaxation and being in a state of gratitude feels like. During the day when things get hectic, pull out that book or play that recording and take 5 deep breaths. Fast, easy and often times very effective for decreasing the effects of those stress reactions.

Go to Bed 15 Minutes Earlier

Work on getting a good night's rest. A healthy amount of sleep helps you to be more alert, make better decisions, maintain a healthier weight and helps you to look and feel younger. Go to bed 15 minutes earlier each week for a month so you total an hour more of sleep. Remove all electronic devices in the bedroom that gives off artificial light and creating a bedtime routine that signals the body that it is time for bed.



Spend Your Time with Like-Minded People

Make an effort to spend more quality time reconnecting with family or friends. Individuals who have social connections suffer fewer symptoms of depression and may live longer healthier, lives. Also, establishing a support group can help to stay on track with our goals. This may look like once every two weeks to a month spending some time with your girlfriends or skyping or face timing them to catch up.



Making these gradual changes can help you to create habits that will help to feel more energized, feel less stressed, think more clearly and make better choices for you. With each choice comes the opportunity to be the person you have always envisioned.

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Meet Dr. Harry



Dr. Harry is the author of three books designed to empower the individual to get started on their path to optimal health. She has published extensively on the topics of reducing stress, healthy lifestyle choices, and regaining youthfulness. Her most recent book, *Be Iconic: Healthy and Sexy at Any Age* is now available on Amazon. Connect with Dr. Harry on Twitter, Facebook, and YouTube. To learn more about Dr. Harry please visit, www.drharrymd.com.

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