5 Ways to Accomplish Your New Year's Health Goals

Have you set some goals for the New Year? If so, you are already on the right track! It is important to think of them more as goals and less like resolutions, as it makes them more attainable and easier to stick to. Follow these tips for reaching your health goals.

**1. Be Specific About What Your Goals Are**

A common mistake people make when they are setting health goals is being too general. If you simply say that a goal is to lose weight or get healthy, there are too many ways to interpret it. Instead of being so general, make specific goals related to weight loss, such as losing 10 pounds, quitting diet soft drinks, or having one vegetarian day every week.

**2. Have Actionable Steps**

Once you have set your specific goals, you will be able to set steps that allow you to achieve those goals. This is another way it is easier to actually reach your goals. Before the New Year begins, you need to know exactly what is required to achieve your health goals, such as buying a weight scale, getting a diet journal, buying a gym membership, or gathering recipes.

**3. Track Your Progress**

Make sure you have chosen a good way to track your progress, as that will let you know exactly how you are doing. This is important because as you see the results reflecting in less inches or dropping clothing sizes, it is perfect motivation to continue with your health or weight loss efforts. There are different ways to track your progress, such as getting a scale, taking measurements, or taking pictures.

**4. Find Someone to Report to**

It can help to let someone else know about your goals as that keeps you accountable. Find someone you trust with this information that is either your workout buddy, or just someone you report to. They become they like a health coach, just to keep you accountable and help you stay on track. Many people find that when others know about their goals, they are more inclined to stick with them.

**5. Add Exercise**

Even if getting fit or working out more isn’t one of your primary health goals in the New Year, getting more exercise is still a good idea. When you exercise, you are going to get endorphins which help to improve your mood and give you more energy. This uplifting energy can help you stick with the other health goals you have made for yourself.