

Happy New Year! 2016

With the new year, also comes some New Year resolutions. Here are some tips to help you set and keep your goals for a great 2016!



Most importantly:

- Set small, achievable goals, you aren't going to change things overnight.
- Include activities that you enjoy to help you stick to them.
- Enlist a friend to join you to hold you accountable.
- Don't get discouraged, if you miss a day or splurge for a day, forget about it and keep going.
- Doing *something* is better than *nothing*. Break exercising up throughout your day or do some stretching at your desk, every little bit counts.