

Living Well Tip of the Week



New Year's Resolutions You Can Really Keep

Downscale your expectations and supercharge the results by taking five easy steps in just four areas of your life.

- **Butt out.** Not swayed to quit smoking by cancer and lung disease warnings? Maybe the thought of a face full of wrinkles will finally convince you. Research confirms it -- smoking prematurely ages your skin. Can't quit on your own? Ask your doctor for help.
- **Be kind.** Before you climb out of bed each morning, "Spend 20 seconds thinking of one nice thing you can do for yourself that day.
- **Ditch the chips.** Every week, throw out one processed food -- cookies, crackers, or potato chips -- and replace it with an apple, red pepper, or other fruit or vegetable. Eating a colorful array of fruits and vegetables will lower your blood pressure and help you lose weight.
- **Cinch an inch.** We're all weight-obsessed, but good health is less about what you weigh than about how many inches you can tighten your belt. The fat that sits around your middle is the most dangerous kind. Experts say a waist size of 34.5 inches or less is the target for women, but taking off just an inch or two can reduce your risk for diabetes, heart disease, and other health problems. To trim your waistline, eat less sugar and increase your physical activity.

Find FREE resources and tools available to you and your dependents that will help you accomplish your downscale New Year's Resolutions at www.LivingWell.utsystem.edu.