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Health

Tips for successful New Years resolutions for 2016

BY Joanne Henson Health and Wellness Coach



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If you're planning to get healthy in 2016, here are a couple of tips to help you maximise your chances of success:

1. Set specific targets
 Make sure you have a clear target – what is your target weight? Or how fit do you want to be? Are you planning to run in a race, or do you want to look more toned? Write this down, along with the date by which you want to achieve it.

2. Get organised
 Now you've got a target and a deadline you can plan the steps you need to take to get there. Without planning, things go awry. For instance, if you want to fit in 3 workouts a week, but don't diarise them, you could get to

Friday and realise you've run out of days!
 Treat your New Year resolution as a project and put a plan in place. Buy a nice new notebook or download an app.

3. Track your progress
 Then use your notebook or app to record progress - you may only be recording small improvements, but they're improvements nonetheless, and you should take pride in recording them.

4. Don't let one slip up end in total failure
 If you have one unhealthy meal it's not going to undo all of your other healthier meals, and if you've missed one workout, just catch up the next day. Don't get too

disheartened and get back on track as soon as you can. Congratulate yourself on the success you've had up to that moment, and put the one bad meal or lazy day into perspective.

5. You don't need to be perfect
 In fact you don't need to be perfect, and striving for perfection isn't practical in the longer term. If you allow yourself planned, occasional treats you won't feel so deprived and you're more likely to stay on track.

6. Avoid negative language
 When you use the word "try" you're giving yourself a get-out clause up front! For instance, "I'm going to try to eat well this week". Commit fully

to your plans by removing "try" from that sentence, and turn it into a positive affirmation. You are going to eat healthily this week!

7. Take care of yourself
 Many people treat healthy eating and exercise as a form of punishment for previous over-indulgences, but it's far more beneficial to view them as a means of nurturing, nourishing and strengthening yourself.

The better you treat yourself, the better you will feel, and you can reinforce this self-care approach by getting enough sleep, having the occasional pampering massage or facial and remembering to have some fun. Make this the year you do it because you love yourself.

Joanne is the author of 'What's Your Excuse For Not Eating Healthily?' and 'What's Your Excuse For Not Getting Fit?' Both are available on Amazon in paperback and Kindle format. For more info visit: www.joannehenson.co.uk