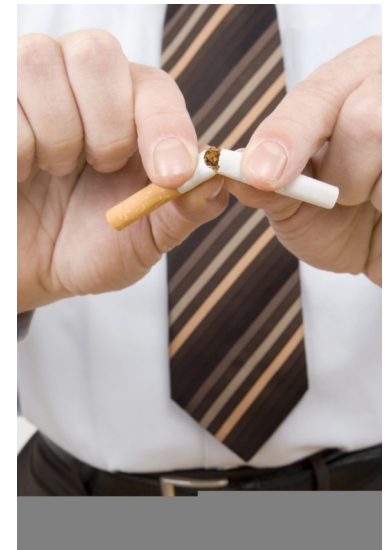




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# The Balance Sheet

Health, Balance & Wellbeing  
January 2012

## Making Lifestyle Changes That Last

**Y**ou're once again feeling motivated to eat better, exercise more, drink less caffeine or make any number of the positive lifestyle changes you've been telling yourself you want to make. You've tried before - probably declaring another attempt as a New Year's resolution - but without feeling much success. Making a lifestyle change is challenging, especially when you want to transform many things at once. This time, think of it not as a resolution but as an evolution.

Lifestyle changes are a process that take time and require support. Once you're ready to make a change, the difficult part is

committing and following through. So do your research and make a plan that will prepare you for success. Careful planning means setting small goals and taking things one step at a time.

Here are five tips from the Psychological Association to help you make lasting, positive lifestyle and behaviour changes:

**Make a plan that will stick.** Your plan is a map that will guide you on this journey of change. You can even think of it as an adventure. When making your plan, be specific. Want to exercise more? Detail the time of day when you can take walks and how long you'll walk. Write everything down, and ask yourself if you're confident that these activities and goals are realistic for you. If not, start with smaller steps. Post your plan where you'll see it as a reminder most often.

**Start small.** After you've identified realistic short-term and long-term goals, break down your goals into small, manageable steps that are specific and can be measured. Is your long-term goal to lose 20 pounds within the next five months? A good goal would be to lose one pound a week. If you would like to eat healthier, consider as a goal for the week of replacing dessert with a healthier option, like fruit or yogurt. At the end of the week, you'll feel successful knowing you met your goal.

**Change one behaviour at a time.** Unhealthy behaviours develop over the course of time, so replacing unhealthy behaviours with healthy ones requires time. Many people run into problems when they try to change too much too fast. To improve your success, focus on one goal or change at a time. As new healthy behaviours become a habit, try to add another goal that works toward the overall change you're striving for.

### Did You Know...

January 15 - 21 is National Non-Smoking Week?

Visit [nns.w.ca](http://nns.w.ca)

It's never too late to quit smoking! From the moment you quit your health will begin to improve. See how you will benefit:

**Within 8 Hours:**

- » Oxygen level goes back to normal.
- » Carbon Monoxide levels drop.

**Within 48 Hours:**

- » Chances of having a heart attack start to decrease.
- » Sense of taste and smell start improving.

**Within 72 Hours:**

- » Breathing will get easier as your bronchial tubes relax.
- » Lung capacity begins to increase.

**Within 2 Weeks to 3 Months:**

- » Circulation improves and exercising becomes easier.
- » Lung-capacity can increase by as much as 30%

**Within 6 Months:**

- » Reduction in coughing, sinus congestion, tiredness, shortness of breath and colds.

**Within 1 Year:**

- » 50% reduction in risk of smoking related heart attack.

**Within 10 Years:**

- » Your risk of dying from lung cancer will decrease by half.

### Free Webinar

Six Winning Strategies  
For Health & Happiness  
Thursday January 19th, 2012  
3:00pm to 3:30pm (PST)

To register, contact:

[carrie.middleton@](mailto:carrie.middleton@ca.ppcworldwide.com)

[ca.ppcworldwide.com](http://ca.ppcworldwide.com)

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**Involve a buddy.** Whether it is a friend, co-worker or family member, having someone on your journey with you will keep you motivated and accountable. Perhaps it can be someone who will go to the gym with you, or someone who is also trying to stop smoking. Talk about what you are doing together. Consider joining a

support group. Having someone with whom to share your struggles and successes makes the work easier and the mission less intimidating.

**Ask for support.** Accepting help from those who care about you and will listen strengthens your resilience and commitment. If you feel overwhelmed or unable to meet your goals on your

own, consider seeking help from a counsellor or coach. Counsellors are trained to understand the connection between the mind and body, as well as the factors that promote behaviour change. Asking for help doesn't mean a lifetime of therapy; even just a few sessions can help you examine and set attainable goals, or address the emotional issues that may be getting in your way.

Making the changes that you want takes time and commitment, but you can do it. Just remember that no one is perfect. You will have occasional lapses; be kind to yourself. When you eat a brownie or skip the gym, don't give up. Minor missteps on the road to your goals are normal and okay! Resolve to recover and get back on track.

PPC can help: for support call 1.800.663.9099 24/7/365

## Ten Tips for Setting and Keeping Life Changing Resolutions

It's time for that annual ritual of making (and breaking) our New Year's resolutions. There is something about the idea of being able to start over that motivates us to pause (at least briefly), and reflect on our lives as they are, as well as how we would like them to be.

Yet, how many times have you thought back to last year's goals and found that many of them were abandoned, or just forgotten after a few months into the year?

The following tips should help put you on the right course and help you to stay committed to your most important goals for 2012.

**① Start with a life vision.** If you don't know what you want your future to look like, how can you decide what areas of your life need to be worked on? Spend some quiet time TODAY reflecting on (and writing down) what

is good, bad or incomplete.

**② Get organized.** Clear away clutter. Decide what you need and will use and either throw out or give away all the rest. Focus on one area (or box) at a time until you are finished. Try not to handle any one item more than once. Make a decision and act on it immediately.

**③ Expand your horizons and make a commitment to learning something new.**

Challenging yourself will infuse you with greater energy and sense of purpose. This new learning can also give you additional resources to support you in your career, personal or romantic life.

**④ Set challenging but realistic resolutions.** Choose goals that stretch your ability muscles, yet are realistic and therefore less vulnerable to failure. Focus on what you truly desire for your life and relationships, and let this be your guide.

**⑤ Write down your resolutions.** Write them down and stick them on your bathroom mirror, your fridge, your car dashboard, your desk or wherever you know will be a good place for you to see them.



**⑥ Create action steps for each resolution and write these down.** A resolution without planned action is doomed to failure. Break each goal down into small action steps or objectives. Make sure you check off each accomplishment as you go and be flexible and willing to make adjustments in your action steps in order

to achieve your desired end results.

**⑦ Take care of yourself; eat well, exercise regularly and learn to control and eliminate unhealthy stress.** Not caring for yourself will guarantee failure. So, why not make this your first and most important resolution for the New Year?

**⑧ Work to eliminate bad habits.** Including this as a New Year's resolution would put you on the road to good follow-through. For each bad habit you decide to eliminate, have a good habit in mind with which to replace it.

**⑨ Set appropriate and healthy limits in all areas of your life.** Knowing your limits and enforcing them with yourself and others is a prerequisite to a healthy life and relationships. Learn to say "no" and "enough," and be firm in your resolve that this is a good thing to do!

**⑩ Work to be the kind of person you want to be.** Bringing out the best qualities in yourself will help to ensure that you attract people of good quality into your life.

Call PPC Canada at 1.800.663.9099 24/7/365 for confidential help with any of life's challenges.  
[www.ppconline.info](http://www.ppconline.info)

Making Lifestyle Changes That Last - American Psychological Association Did You Know... - SMART STEPS...towards a tobacco-free life. [quitnow.ca](http://quitnow.ca)  
Ten Tips for Setting and Keeping Life Changing Resolutions - [LiveandWorkWell.com](http://LiveandWorkWell.com)