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WHAT'S YOUR
**NEW YEAR'S
RESOLUTION?**

Why is losing weight or changing our habits so difficult? So often when I am working with people to lose weight or control their blood sugars they tell me that they know what they need to do, but they just don't do it. So why isn't wanting to make the change enough for us to actually do it?

Here are some things to try when trying to change your lifestyle:

Should vs. Want. We all have a long list of things that we “should” do and things we “want” to do. Of course it is easier for all of us to do the things we want to do before the things we should do. So when you are looking at changing a behavior, like being more active, consider what you would want to do. Don't make a goal to run if you don't like running.

Have a plan. Look at the week ahead of you and plan in exercise, know what nights you need a quick meal and what nights you have will have time to make a meal, and don't forget to plan in time to sleep – making any change requires physical and mental energy.

Don't set a goal to lose weight. So often we can be making great changes in their lifestyle. We are active and eating healthy, but then if our weight doesn't go down as fast or as far as we think it should we get frustrated and quit. Instead, we should try to focus on what we can do every day to take care of ourselves and let the weight loss be the bonus.

Fill the voids. If you decide to remove something from your lifestyle – such as soda – make sure you fill it with something else like lemon water.

Picture your success. When you mentally can visualize how you want to look, being active, or how you will manage a stressful situation without food you can be more successful. Think of it as “practicing” your habit.

Identify you kryptonite. When you know what triggers you to eat when you aren't hungry or what situations lead to overeating you can avoid them or learn other coping skills that don't involve food. Remember, if your issue involves hunger then food should be part of your solution; if your issue doesn't have anything to do with hunger (for example stress or boredom) then your solution should have nothing to do with food.

Start small and build. I had a client once that bought an elliptical machine to improve her fitness. The first time she got on it she could only stay on it for a minute. But she stuck with it and after a month she had built up to 30 minutes.

Life happens. So many people tell me how good they feel when they start exercising regularly or eating healthier. So it is always fascinating to me that when life gets busy or stressful that we stop doing those things. Prioritize yourself and know what you need to take care of yourself.

