



BalanceHealth® Newsletter

January 2010 | Written by the wellness experts at **eni**



Resolve with Resolve This New Year

New Year's resolutions are often grandly made and poorly kept. Whether your goal is to get fit, lose weight, lower your stress levels, or any other type of personal improvement, one thing becomes very clear, very quickly—change is difficult. Here are some goal-setting tips to help you make a resolution that you can commit to:

- **Start small**- Set yourself up for success. Pick a goal that you know you can reach with a small amount of effort; one that you know you are ready to achieve. Achieving a small goal will help you develop the confidence and motivation to tackle a larger goal.
- **Keep your goals realistic**- Be sure that your goals are within reach. It may help to define a long term goal and set up short term stepping stones that will get you there.
- **Be specific**- When deciding on a goal, be as exact as possible. Those who set specific goals are far more likely to follow through with them. For example, instead of saying "I will start working out more," say, "I will work out three days a week for 30 minutes at the gym."
- **Set up a plan**- Take your short term stepping stones and set up a timeline with deadlines. Sometimes crossing items off a list can help you feel accomplished and get you motivated to keep moving forward.
- **Put it in writing**- Write down just what it is that you want to achieve and post it where you can't miss it. It will be a reminder to you

of your ultimate goals and help keep you focused even when you are tempted to stray.

- **Stay positive**- Believe in yourself! When you write out your goals use positive phrasing and when setbacks happen, as they almost always will, keep a positive mindset.
- **Be flexible**- Don't be discouraged by setbacks or a disruption in your plan. These are almost unavoidable, have a back-up plan when you are faced with a disruption. Planned to have salad for lunch but the office ordered pizza? Enjoy a slice with your co-workers then have your salad for dinner.
- **Involve others**- Tell someone you trust about your plans and goals. If they are aware of what you are trying to accomplish, they can help you to succeed by being supportive and understanding.
- **Reward yourself**- Acknowledge your achievements, even the small ones! Decide on small rewards to treat yourself as you proceed through your plan and reach those stepping stones that you have set out for yourself.
- **Stick to it**- Change takes time, it has setbacks and obstacles that you will have to face. Understand that this is normal and everyone progresses at their own pace.



For more information or advice about Fiber and its benefits, contact your Wellness Coordinator by calling

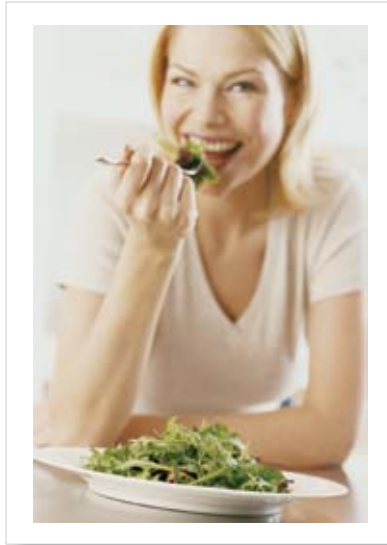
1.800.327.2255

eni's BalanceHealth® program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.



Fulfilling Your New Year's Resolutions

You have already set your New Year's resolution to improve your health and fitness, but you may not have any idea where to start. How you kick-off your new goals will affect how successful you are during the entire year.



Here are some ways to help you fulfill your goals of a new and healthy you:

Make your goals concrete- Write down your goals on a post-it or somewhere that you will always see them. Repeatedly seeing your goals can help you make them a reality.

De-junk your home- Sort through your refrigerator and cabinets and donate or throw out foods that are high in sugar, fat, and are processed. Getting rid of the temptation will help you achieve your health and fitness goals.

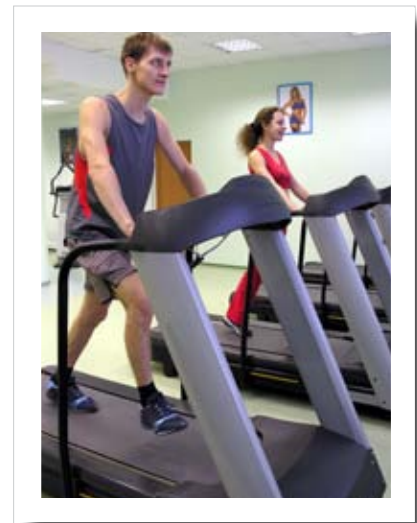
Go to sleep- Studies have shown that not getting enough sleep at night can promote weight gain. Try to get at least seven hours of sleep every night.

Feel the beat- Fill up your music player with high energy songs to help motivate you and keep you going during your workout.

Try new workouts- People often get bored of the same workout or reach a plateau. Mix up your workouts by trying yoga, a spinning class, hiking, or skiing.

Be accountable- It is easy to slip from your goals if you are not held accountable. Tell a friend to ask if you went to the gym, or stop you from eating that doughnut for breakfast. Make sure to not be defensive because remember—you asked.

In order to achieve your health and fitness goals, you first have to set them and take daily measures to maintain them. Remember, if you get off track don't give up. Start your efforts again after a bad day with your end goals in mind.



For more information or advice about New Year's resolutions, contact your Wellness Coordinator by calling
1.800.327.2255

eni's BalanceHealth® program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.