

Crushing Goals and Excess Weight

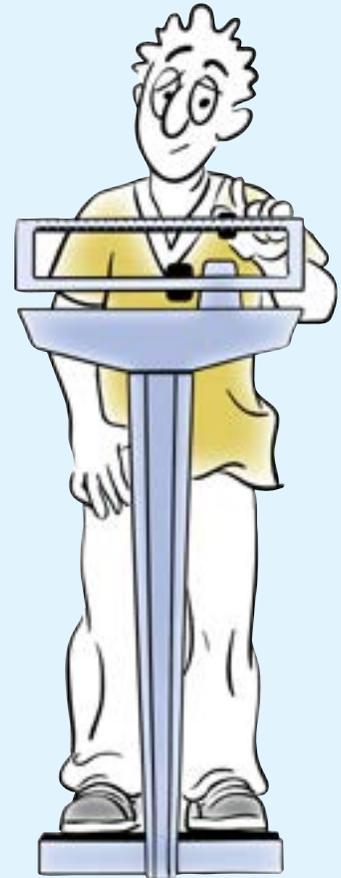
More than 50% of Americans make a resolution each year, yet only 8% are successful at achieving them. Among the top resolutions made each year are getting organized, saving money, and – at the top of the list – weight loss. By a happy coincidence, January is also Healthy Weight Awareness Month!

According to CDC, roughly 70% of America adults were classified as overweight or obese in 2014. Having excessive weight can pose a serious threat to one's health, including an increased risk of heart disease, type 2 diabetes, joint problems, and other chronic conditions.

There are three key factors that play into weight: behavior, environment, and genetics. Unfortunately, there isn't much we can do about genetics, but we can change our behaviors. Having a healthier and moderated diet, physical exercise of at least 30 minutes most days of the week, and setting goals to keep you on track are great ways to help subside excess weight – and they can give you an emotional boost as well!

Environment has a big impact on behavior as it sometimes deters physical activity. Someone that lives in a community without sidewalks is less likely to be physically active. However, keep in mind that malls and outdoor parks, offer great (and free) spaces to walk.

As always, MedBen WellLiving suggests consulting your physician before making any drastic lifestyle changes... even if they are for the better.



Get "SMART" in 2018

Setting goals is important, but more important is setting yourself up with a SMART goal.

- **S**pecific – Be specific when developing goals. Don't say "I want to lose weight," but rather "I want lose weight by getting more sleep, eating healthy, and walking at least three days a week."
- **M**asurable – How will you know your goal is accomplished?
- **R**elevant – Goals that are important to you become easier to achieve.
- **A**ttainable – Don't set an impossible goal. Worst case, you achieve the first goal and then set another one.
- **T**imely – Set a realistic time frame and stick with it. A time line will help to create urgency.

SOURCES: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, Inc.com, thebalance.com