



杭州康纯进出口贸易有限公司

HANGZHOU COMTRUE TRADING CO., LTD

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## Hangzhou Comtrue- Keeping Your Resolution to Eat Healthy and Lose Weight

Vegetables and Fruits Supplier, Bean products Distributor, Canned and Fresh foods Wholesaler or OEM Service factory-Hangzhou Comtrue Trading Co.,Ltd.

Each January, millions of Americans make resolutions to eat more healthfully and lose weight, but many lose steam along the way. If you have trouble keeping your resolutions or meeting your goals, make 2014 the year you create a solid plan that sets you up for success!

Start by Assessing Your Food Choices and Lifestyle

Keep track of what you eat and drink and how much physical activity you get so you can identify behaviors you would like to change.

One Large Goal can Seem Overwhelming

Break big goals into smaller, more specific goals, and include a list of realistic changes in your daily routine to achieve these specific goals. For instance, divide big and vague goals like "I will eat better" into smaller, more specific goals like "I will eat one more piece of fruit per day." Remember, while your goals should be challenging, they should also be reachable.

Make Sure the Goals You Set are Measurable

The goals must provide answers to "How much?" or "How many?" so you can easily review and track your progress. Evaluate your progress every week or two, and update your plan based upon your current progress or circumstances. Make sure you are giving yourself enough time to achieve each smaller goal so you are not discouraged if you haven't met them.

Seek Help from a Qualified Health Professional

A registered dietitian is your best source of reliable and up-to-date food and nutrition information. An RD can also help you determine measurable and achievable goals, as well as a plan to help you achieve them and support along the way.

For more information on how to stick to a healthy weight-loss plan this year, find an RD in your area.