

W.O.W.

WAC ON WELLNESS

2017 RESOLUTIONS

Each January roughly one in three Americans resolve to make themselves better in some way. While 75% of people stick to their goals for at least one week, less than half 46% are still on target six months later.

Here's a few tips to help you stay on track for your 2017 resolutions!

1. Make a S.M.A.R.T resolution
Specific, Measurable, Attainable, Realistic and Timely.
2. Put your resolution in writing and journal your progress. Mark your calendar several weeks and months out to stay on track.
3. Make your resolution visible. A post-it note on your mirror, a picture on your refrigerator, a desired outfit hanging in your room or your dream vacation picture at your desk.
4. Announce your resolution publicly. This will provide you support and accountability.
5. Remain optimistic and positive. This includes positive self talk, imagery, affirmations or mantras and self praise.
6. Revisit and/or reassess your resolution if necessary. Altering your path or method to get there, yet not your resolution.

A resolution is defined as a firm decision and action to do or not to do something. So weather your resolutions is physical, financial, professional, spiritual, charitable, relationships or personal growth our resolution requires action.

Visit www.thewac.com/wellnesscoaching for more information on our Wellness Program and Coaches.



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2017



Wisconsin Athletic Club

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