

## How to Make and Keep Your New Year's Resolution

As the new year approaches, you may find yourself reflecting on the past year. This introspection is a significant

resolution to help you grow as a person. However, 80% of New Year s resolutions fail by mid-February due to a lack of self-discipline, according to U.S News and World Report. That s why it s important to set yourself up for success when you re choosing a resolution.

Regardless of what you choose as your resolution, make sure it s a

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## Don't Let Winter Derail Your Workout

If you find it harder to keep up with your workouts as the temperatures drop, you re not alone. Many Americans find it increasingly difficult to remain committed as the holiday blues, shorter days and less-than-ideal weather create obstacles. Whether you re a gym-goer or outdoor exerciser, there are simple ways to overcome winter obstacles and keep your fitness on track:

**Remember to warm up.** If you re an outdoor exerciser and the weather is colder, try doing your warmup inside. Not only will you raise your

the temperature of your muscles, which can reduce your risk for injury. **Prep the night before.** If you re an early morning exerciser, set out

everything you need for the next day the night before. Then, all you need to do when your alarm goes off is get up, get dressed and go to the gym.

Have a backup plan. Even the most dedicated exercisers can lose their motivation. That s why it s essential to have a backup workout plan that you can do at home. It doesn t have to be lengthy, as doing something is better than doing nothing at all.

Staying on top of your fitness during winter can be challenging, but keep pushing and think about you work out in the first place. Focus on your reason.

## The Health Benefits of Being Organized

The new year can signal a fresh start for many. As such, January is dubbed Get Organized Month as many people are eager to tackle their homes

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