Get ready for a healthy new you in 2018

The New Year is a new beginning!

Maybe you've already decided to be healthier this year. If so, good for you! If you haven't made any goals, you might want to start thinking about it now. Here are four ways to start making healthy changes in 2018!

1. Have your own reason

Your reason for wanting to change a habit is really important. Maybe you want to eat healthier so you can lose weight. Or, you might want to lower your blood pressure for a healthier heart.

It's not easy to change habits, but taking the time to think about what really matters to you will help you reach your goals.

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2. Set goals you can reach

You can set long-term goals or short-term goals to help you make a change. Long-term goals are the "big picture" goals you want to reach in 6 to 12 months. Short-term goals are the small steps you'll take, week by week, to improve your health.

3. Prepare for slip ups

What are things that might get in the way of reaching your goal? If you have tried to change a habit before, you might want to think about what helped you and what got in your way.

By thinking about these barriers now, you can plan ahead for how to deal with them if they happen. If you do slip up, try not to get upset. We all slip up. No one is perfect. Instead, see if you can learn from it!

4. Get support

Finding support is key to your success. You might want to get a family member or friend who's aiming for the same goals you are. And, think about getting help from loved ones to keep you going.

And be sure to support yourself! Keep in mind what you want to change, and think about the progress you've made. Give yourself a pep talk and a pat on the back.

Tips for success

✓ **Focus on small goals first.**

This will help you reach your larger goals over time.

✓ **Write down your goals.**

This will help you remember them, and give you a clearer idea of what you want to achieve.

✓ **Focus on one goal at a time.**

By doing this, you're less likely to feel overwhelmed and want to give up.

✓ **When you reach a goal, reward yourself!**

Celebrate your success, and then think about setting your next goal.