



TARGET TiPS



METABOLISM MATTERS

If you resolve to make changes in your eating, remember to keep in mind your unique Resting Metabolic Rate. Knowing what your body burns will help you make good decisions about your calorie goals. Also, be sure to include strength training as a part of your exercise goals: lean muscles contribute to a healthy metabolism.

CHANGE YOUR RESOLUTIONS CHANGE YOUR LIFE

Did you set a New Year's Resolution? Think you'll actually follow through with it this time? As we resolute each year to change our lives for the better, it can be quite frustrating to see our grand ideas fizzle out by February year after year. But this year can be different. Here are some suggested changes to help you succeed in 2015:

Change Your Goal

We tend to set goals thinking about all the things we *should* be doing, not necessarily the things we *want* to get done. Consider one or two goals you *want* to accomplish this year. Are you willing to do everything it will take to succeed? Do you have enough motivation to get it done? Is it a realistic goal? Answering these questions honestly will put you on the road to success instead of setting yourself up for failure.

Change Your Plans

Declaring your goals to the world on Twitter is great, but if you want to be able to tweet your success story you need to make a plan. Be specific as you plan out each step toward success. Plan your incentives. Create your support group. Make a Plan B in case you slip up. Once you have a detailed plan in place, you will be able to accomplish your goals one step at a time.

Change Your Mind

Set your sights on the goal you want to accomplish. Find a way to keep yourself focused – like a quote on the wall, a phrase to repeat in your mind, or a screensaver to remind you of what you are working toward. If temptation crosses your path in an attempt to lure you down the slippery path to failure, stay strong and remind yourself of your commitment.

Change Your Results

Plan on regular self-evaluations. Regular check-ups give you the chance to correct your course and keep you headed in the right direction. Change doesn't exist in a list re-written each January, but steady, consistent effort day by day, month by month, year by year.