

# WELL BALANCED

- JANUARY 2025 -  
Resolutions That Last!



IMPROVING HEALTH AND  
STAYING HEALTHY. MAKING  
*Resolutions* THAT LAST

## Tips to help make lasting changes and maintain well-being long term:

- » Find your why
- » Choose goals that are right for YOU
- » Plan by setting SMART goals
  - Specific
  - Measurable
  - Achievable
  - Relevant
  - Time-Bound
- » Start small and be realistic
- » Ask for support
- » Celebrate your progress

For more information, refer to the  
**January Well-Balanced Newsletter**  
from the **Wellness Alliance!**

## Resources

- » National Staying Healthy Month ([cdc.gov](https://www.cdc.gov))
- » Making Lifestyle Changes That Last ([apa.org](https://www.apa.org))
- » How to Make Lifestyle Changes Stick ([theheartfoundation.org](https://www.theheartfoundation.org))
- » Dare to Lead List of Values ([brenebrown.com](https://www.brenebrown.com))
- » Setting SMART Health Goals ([betterup.com](https://www.betterup.com))



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