



2012 . . . A NEW YOU!

While New Year's Eve is a time to look back on the past year . . . New Year's Day is time to think about a new you, a new beginning and the personal changes that will make it happen. To get you thinking . . . here is a list of the Top Ten New Year's Resolutions.



1. **Spend More Time with Family and Friends.** Balance your work and family time so that you can really appreciate loved ones and friends.
2. **Fit in Fitness.** Regular exercise has been shown to reduce the risk of some cancers, increases longevity, helps achieve and maintain weight loss. Exercise keeps you healthy and makes you look and feel better! Think about increasing your activity not necessarily your exercise!
3. **Tame the Bulge.** Set reasonable goals and then set up a reward system that keeps you focused. Anything you do to help you lose weight should involve changes in your eating habits and as well as increasing your activity level
4. **Quit Smoking.** On average, smokers try about 4X before they quit for good! Take advantage of the over-the-counter availability of nicotine replacement products and medications that can assist you in becoming smoke free. Also, take advantage of FREE resources at www.smokefree.gov
5. **Enjoy Life More.** Your life is not a dress rehearsal! Get out and try something new. Take up a hobby. Go to a theater performance or to a local spa! Be adventurous! Do the things that make you feel good. Smile more.
6. **Quit Drinking.** If alcohol intake is adversely affected your life, you may want to take advantage of the help and support available in your community.
7. **Get out of Debt.** Resolve to spend less this year and get a handle on your finance. It can really reduce that amount of stress in your life!
8. **Learn Something New.** Don't forget about improving your mental fitness! You'll find that education can be one of the easiest and motivating New Year's Resolutions to keep! Take up a hobby or check into courses available through the recreation centers and local colleges.
9. **Help Others.** Volunteerism can take many forms. Look for opportunities through your church or contact the Volunteer Center of North Texas at www.volunteernorthtexas.org or call the Collin County office at 214.544.7755
10. **Get Organized.** Think papers, computer files, clothes, linen closet, kitchen . . . clutter creates havoc and distraction and can be frustrating. Start with small tasks . . . Never attack the whole house at once!



**The Medical
Center of Plano**