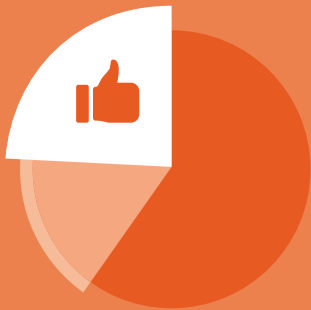


HOW TO KEEP YOUR RESOLUTIONS IN 2014

Tips for staying on track in the New Year from WebMD Chief Medical Editor Dr. Michael Smith.

1 LOSE WEIGHT

35% of survey respondents said they resolved to lose weight over the past five years, but **ONLY 57%** of those who made the resolutions were successful.¹



TAKE BABY STEPS

Don't bite off more than you can chew. Make your goals attainable; set a goal to lose **5 pounds at a time** rather than telling yourself you have to lose 50 pounds.

5 MANAGE STRESS



TWO IN FIVE (41%) employed adults surveyed reported that they typically feel stressed out during the workday.⁵



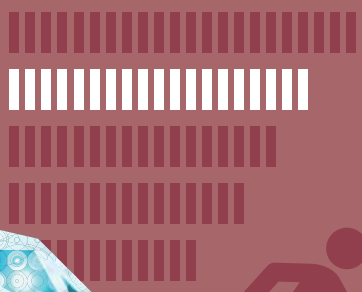
TAKE A BREAK

Meditation is a great way to alleviate stress with just a few minutes a day. Try it; it can really work!



2 BE MORE ACTIVE

According to a recent survey, becoming more physically fit is the **SECOND LONGEST PURSUED RESOLUTION (29%)**.²



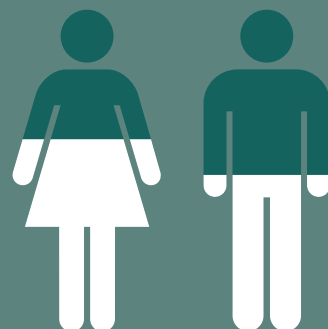
BE SOCIAL

Post your workout goals to Facebook and let your friends know how you're doing. Better yet, do it with a friend and make it competitive!



3 EAT HEALTHIER

59% of women & **46%** of men surveyed made resolutions to improve their health in 2013.³



4 QUIT SMOKING

7% OF SURVEYED ADULTS resolved to give up smoking.⁴



BREAK BAD HABITS

Hide your ashtrays and lighters, and avoid situations where you might be tempted to light up.



CREATE A PLAN

Plan your diet for the week. **Write it down**, share it with the people around you, and ask them to help keep you honest.



2014

¹ Thomson Reuters-NPR Health Poll, New Year's Resolutions, December 2011; ² Franklin Planner 2012 and 2013 Survey Data; ³ Franklin Planner 2012 and 2013 Survey Data; ⁴ YouGov Omnibus New Year's Resolution Study, January 2013; ⁵ American Psychological Association, Stress in the Workplace, 2012. Artwork created by Makovsky Integrated Communications.