How to: Stick with New Year’s Resolutions

Every year, people make resolutions to change their health and habits. This is a great time to continue focusing on your health goals, and to start new ones as well! Here are some tips to make sure that you and your family keep your 2017 resolutions:

- **Keep it Simple**: Make small, manageable changes. You can try adding one more or less, such as one more meal with veggies a week, or one less day watching TV.
- **Set Specific Goals**: That way you can keep track of your successful changes.
- **Set up a Buddy System**: Keep each other accountable. If there is a setback, you can provide support and encouragement.

Charting a New Path for Nutrition

The National Institute of Health has recently created a Nutrition Research Task Force that hopes to identify priorities and help guide scientists in their research in nutrition.

One interesting idea is that our circadian rhythm (which controls alertness and sleepiness) should also match up with our eating schedule. For example, it has been found that our bodies more effectively process and digest food during the day.

Exercise for a good night’s sleep

Research has shown that regular exercise can help a person sleep better at night. Try to include physical activity every day!