



## *#1 New Year Resolution...DiETING and Exercising*

Now that it's a new year, most people will decide to turn a new leaf and change eating and exercise habits. How do you start? Starting a [diet](#) and [exercise](#) program can be overwhelming, especially if you do not know what the "right" choices are. By making good decisions from the beginning, starting off gradually and making [healthy living](#) a habit you are more likely to maintain your new way of life. Read the article below and learn how to make healthy changes and how to stick with them.

### **Instructions**

1. Consult your physician before starting a new diet and exercise program. They can give you the best information on your current [health](#), what changes you need to make, and the frequency and form of exercise program that would work for you.
2. Start your diet and exercise program gradually. You are more likely to quit your program if you make large changes at once because you are not fitting your new routine into your current lifestyle.
3. Make your diet and exercise program part of your daily routine. If your program fits into your routine it is more likely to become a habit. Eventually you will make [healthy diet](#) and exercise choices without even thinking about it.
4. Do your research. Use the Internet to find [healthy recipes](#), healthy food substitutions and alternatives. Learn how to identify healthy diet choices from unhealthy choices.
5. Consult a Nutritionist. Information on how to make healthy choices can be conflicting and confusing. Use their experience and expertise to help create a diet plan you can maintain.
6. Choose an exercise program you enjoy. It is less likely to seem like a chore and you are more likely to maintain your exercise routine.
7. Involve friends and family members. You are more likely to stay motivated if you are working together with someone else who is also starting or maintaining a diet and exercise program.

\*\*\* Click the links below to learn tips on dieting and exercise

Read more: [How to Start a Diet and Exercise Program | eHow.com](http://www.ehow.com/how_5058793_start-diet-exercise-program.html#ixzz1AwdDVliH)  
[http://www.ehow.com/how\\_5058793\\_start-diet-exercise-program.html#ixzz1AwdDVliH](http://www.ehow.com/how_5058793_start-diet-exercise-program.html#ixzz1AwdDVliH)  
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