

WHAT SORT OF HEALTH GOALS MAKE SENSE?

LOSE WEIGHT

The key to successful weight loss is thinking long term. Talk to your doctor and determine an ideal weight based on your overall health. People with adult onset diabetes or bone or joint issues could see their symptoms improve by losing weight and keeping it off.

QUIT SMOKING

If you are a smoker who has failed to quit, try again. Talk to any ex-smoker, and you'll see that multiple attempts are often the key to success. If you know someone who smokes, let that person know you would be glad to serve on the support team to help that person quit.

CUT YOUR STRESS

Chronic stress has been shown to worsen insomnia, depression, obesity, and heart disease, according to medical experts at Beth Israel Medical Center, in New York City. If you're under severe stress, you probably know the reasons behind it. Reach out and ask for help, and work hard to reduce stress in 2016.

VOLUNTEER

Help others in some way. Giving of yourself makes you happier and even healthier. A 2010 study by the Center for Behavioral Cardiovascular Health at Columbia University Medical Center linked positive emotions to better cardiovascular health.

CUT BACK ON ALCOHOL

Medical literature offers plenty of evidence for the benefits for a daily glass of red wine, but excessive drinking also affects the brain's neurotransmitters and can increase the risk of depression, memory loss, or even seizures. Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and other health concerns.

GET MORE SLEEP

Lack of sleep has been linked to a greater risk of obesity and Type 2 diabetes. Sleep has also proven crucial for strengthening memory as we age. So don't feel guilty about taking a nap.

EXERCISE

Most studies show that walking as little as 30 minutes per day is beneficial, so commit yourself to achieving at least that much exercise. Studies show that people who exercise with a friend are more likely to continue their exercise habit, so find a friend who likes to sweat and make 2016 your healthiest year ever.

