

2012 Resolutions

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After the revelry of New Year's Eve many of us will settle down to set goals for 2012. And rather than hitting those weight-loss resolutions full tilt in the new year, Mayo Health System's Marianne Fritz suggests starting small and working from there...

By making small, manageable changes, the Health Promotion Consulting says, you won't be making the same resolution, to lose weight or quit smoking, again this time next year.