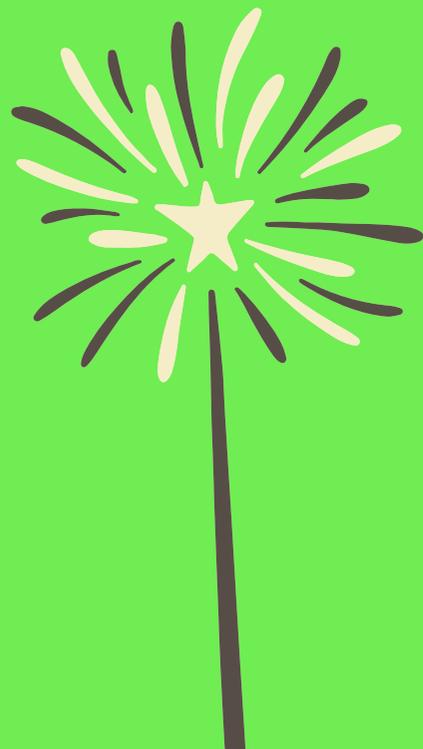


New Year resolution time?

Here's how to succeed!



1

Start small & slow

Incremental steps will bring
exponential changes



2

Pick & stick to one goal

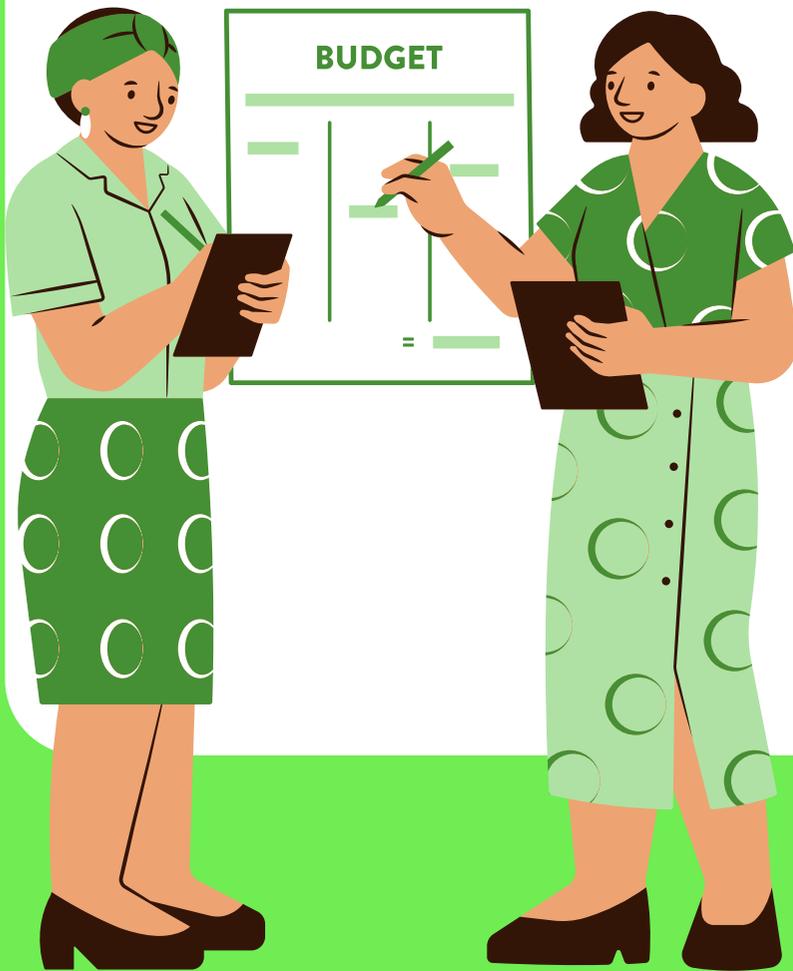
Too many goals can derail the best-laid plans



3

Write, visualize & talk

Set SMART (specific, measurable, attainable, realistic and time bound) goals



4

Invest in planning

Outline a detailed plan well ahead of time



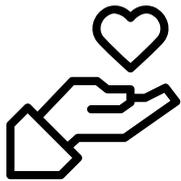
5

Adapt in case of setbacks

The trick is to not give up.
Get support from a friend & keep going



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Nutritionists



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Pharmacy



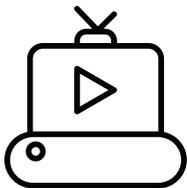
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Newsletters



Self-assessments



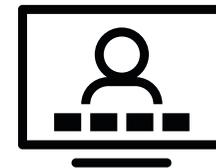
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