



ABIPA

Dedicated to improving the health of African Americans and all people of color



ONSITE ACTIVITIES:

39. S Market St., Suite A

Brother 2 Brother Breakfast Club ***Prostate & Diabetes Health*** **Canceled due to MLK Breakfast** **Dessert With a Doc**

New Years Resolutions: How to Maintain low blood pressure and low cholesterol

Presenter: Dr. Ronald Caldwell

Thursday, January 19th

6:00 PM

Off Site Activities

Housing Health Days

Health Assessments and Education

January 14th & 28th

1:00 pm – 2:00 pm

Aston Park Towers

Housing Authority Board Room

“With Every Heartbeat”

Heart Health Education for Women

A collaboration of the LINKS, ABIPA & Chi Eta Phi

Saturdays, January 14, 21, 28

3:00 pm – 5:00 pm

Bethel Seventh-day Adventist Church 238

S., French Broad Ave

Sista 2 Sista Lunch & Learn

Breast Cancer Support Group

Saturday January 21st

12:00 noon

God’s Ray of Hope Non-Denominational Church

Making Successful Resolutions

A new year often feels like a fresh start, a great opportunity to eliminate bad habits and establish new routines that will help you grow psychologically, emotionally, socially, physically or intellectually. Of course, resolutions are much easier to make than to keep and by the end of January many of us have abandoned our resolve and settled back into our old patterns.

1. Choose a Specific, Realistic Goal

Every year, millions of adults resolve to "[lose weight](#)" or "[get in shape](#)" during the next year. Instead of selecting such an ambiguous goal, focus on something more concrete that you can realistically set your sights on.

2. Pick Just One Resolution

While you may have a long list of [potential New Year's Resolutions](#), Richard Wiseman, a professor of psychology at Hertfordshire University, suggests that you should pick just one and focus your energies on it rather than spreading yourself too thin among a number of different objectives.

3. Don't Wait Until New Year's Eve

Planning is an essential part of achieving any goal. Experts suggest that you should spend some time planning out how you will tackle a major behavior change. You can start by writing down your goal, making a list of things you might do to achieve that goal and noting any obstacles that might stand in your way.

4. Start With Small Steps

Taking on too much is a common reason why so many New Year's Resolutions fail. Dramatically slashing calories, over-doing it at the gym or radically altering your normal behavior are sure-fire ways to derail your plans. Instead, focus on taking tiny steps that will ultimately help you reach your larger goal.

5. Avoid Repeating Past Failures

Another strategy for keeping your New Year's Resolution is to not make the exact same resolution year after year. If you do choose to reach for the same goals you've tried for in the past, spend some time evaluating your past results. By changing your approach, you will be more likely to see real results this year.

6. Remember That Change Is a Process

Those unhealthy habits that you are trying to change probably took years to develop, so how can you expect to change them in just a matter of days, weeks or months? It may take longer than you would like to achieve your goals, but remember that this is not a race to the finish.

7. Don't Let Small Stumbles Bring You Down

Encountering a setback is one of the most common reasons why people give up on their New Year's Resolutions. If you suddenly relapse into a bad habit, don't view it as a failure. The path toward your goal is not a straight one, and there are always going to be challenges. Instead, view relapses as learning opportunities.

8. Get Support from Your Friends and Family

Yes, you've probably heard this advice a million times, but that is because the buddy system actually works. Having a [solid support system](#) can help you stay motivated. Explain what your goals are to your close friends or family and ask them to help you achieve your objectives. Better yet, enlist the help of others by joining a group that shares your goal.

9. Renew Your Motivation

After dealing with the reality of dragging yourself to the gym at 6 A.M. or gritting your teeth through headaches brought on by nicotine withdrawal, your motivation to keep your New Year's Resolution will probably start to dwindle. When you face such moments, remind yourself of exactly why you are doing this. Find [sources of inspiration](#) that will keep you going when times get tough.

10. Keep Working on Your Goals

By February, many people have lost that initial spark of [motivation](#) that they felt immediately after making their New Year's Resolution. Keep that inspiration alive by continuing to work on your goals, even after facing setbacks.

Ladies Night Out

First Thursday of the Month

4:00 pm—8:00 pm

FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided, free childcare, refreshments, mammograms, blood pressure checks, cholesterol screenings, and pap smears.

Call 250-6006 to make your appointment

For more information call us at: 251-8364

or visit us at www.abipa.org

LISTEN To Body & Soul Radio Show:

WRES fm 100.7—Tuesday & Thursdays 10:30 am