New Years Resolutions Ideas
Are you stuck not wanting to go extreme diet, but still wanting to create a healthier lifestyle? Here are 4 ideas for resolutions that you can actually keep!

**Stretch more**
Flexibility is often one of the more ignored components of fitness. Make it a goal to give yourself time to stretch out tense muscles, whether in the morning as you wake up or before you go to bed at night.

**Go for more walks**
Every bit of activity counts! Instead of a coffee break, go for a walk break. The fresh air will also do the trick to wake you up midday, and clear your mind for better mental health!

**Include others**
A great trick for motivating yourself to exercise when you’re not feeling it is to make plans with a friend! When you commit to doing something with another person, they can hold you to it. Partners, your children, your dog… all are perfect candidates for daily or weekly plans. Plus, who can say no to extra bonding time?

**Find something you love**
You’ve probably figured out what you like and dislike when it comes to exercise. If not, this year is as good as any other to find your favourite recreation activities and create a fitness lifestyle that is right for you. Make it your goal to try at least 2 new sports/activities! *(Psst... UBC Shopping Week is coming up!)*

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**Don’t forget to make SMART goals!**
- **Specific**
- **Measurable**
- **Action-oriented**
- **Realistic**
- **Timely**

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