

Mayo Clinic Medical Edge

Keeping Resolutions

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	THIS WAS GOING TO BE THE YEAR. THE ONE TO LOSE WEIGHT, QUIT SMOKING OR EXERCISE MORE. BUT ALREADY YOU'RE FINDING IT HARD. SO WHY ARE NEW YEARS RESOLUTIONS SO HARD TO LIVE UP TO? MAYO CLINIC DR. DONALD HENSRUD BREAKS IT DOWN INTO THREE REASONS...
Donald Hensrud, M.D.	"NUMBER ONE IS BEHAVIOR CHANGE. BEHAVIOR CHANGE IS DIFFICULT FOR ALL OF US AND SO PEOPLE HAVE CHALLENGES IN THAT AREA."
	DR. HENSRUD'S SECOND REASON REVOLVES AROUND TIMING. IF WE

	DON'T SEE RESULTS QUICKLY, WE'RE LIKELY TO THROW IN THE TOWEL.
Dr. Hensrud	"IT'S BEEN SHOWN IN SOME STUDIES THAT IT TAKES ABOUT TWO MONTHS OR SO FOR A CHANGE TO BECOME A HABIT. IF PEOPLE CAN HAVE A PLAN AND STICK WITH IT FOR AWHILE, THEN IT BECOME A NEW HABIT THAT'S EVEN TOUGHER TO BREAK."
	AND FINALLY, SET REALISTIC, ATTAINABLE GOALS. SMALL STEPS THAT CAN BE REACHED ARE BETTER THAN BIG STEPS THAT ARE NOT.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.