

Healthy Living

Topic of December

MAINTAINING A HEALTHY LIFESTYLE

Duke Health and Exercise Research Trial • Research@duke.edu • 919-681-9000

If you have ever made a New Years resolution, you know how difficult it can be to make a behavior change and stick with it. Therefore, it's only fitting that the topic of December is dedicated to helping readers adhere to a healthy lifestyle!

Did you know?

- ❖ Temptation to “relapse” is highest during the beginning of a behavior change.
- ❖ Perceived pros of behavior change are highest one to two months after the start of behavior change.
- ❖ It can take up to six weeks for a new behavior to become a habit, so don't wait – start now!

What can be done to avoid relapse?

- ❖ Remind yourself that you are in control of your behavior and that you have the power to change.
- ❖ Prepare in advance – decide what workout clothes to wear the night before, meal-prep during the weekend, or create a planner to help with time management.
- ❖ Set SMART outcome goals; outcome goals that are difficult or impossible to achieve can be discouraging if they aren't reached.
- ❖ Set more process goals and less outcome goals; focusing on the steps needed to reach the outcome will make you more likely to succeed.
- ❖ Announce your behavior change to family or friends or get them involved so they can help you stay accountable.
- ❖ Surround yourself with people who support your desire to live a healthy lifestyle instead of people who discourage you.
- ❖ Create a list of pros and cons for your specific behavior change if you start to lose motivation.
- ❖ Do not be discouraged if you have a setback; relapse is normal and teaches you something about yourself and the process of lifestyle change.

Join the Duke Health and Exercise Research Trials Registry!



We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @

Research@duke.edu or 919-681-9000

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Challenge of the Month

Make a Permanent Change!

- Recall a lifestyle change that you have struggled to maintain or a change that you want to make.
- Create a detailed plan on how you can make that behavior a regular part of your daily life.

Healthy Living Resources

Community Health Classes and Events

- wakemed.org/classes-events
- Ymcatriangle.org/programs/community

Support and Therapy Groups

- psychologytoday.com/us/groups/nc/durham
- Naminc.org

Nutrition Education

- foodshuttle.org/events

Duke University Health and Wellness

- hr.duke.edu/wellness/get-moving/weekly-archive

Words of Wisdom

“It's not a diet. It's not a phase. It's a permanent lifestyle change.”

— Author Anonymous