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December 29

New Year's Resolution Advice From UB



queenseyes

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Wondering what the New Year will bring. Looking for a little help when it comes to making a New Year's resolution? Researchers at the University at Buffalo have come up with a Top Ten list of health and wellness tips that should get you off to a good start. Pass the list along to friends and family:



1. Take care of a loved one and boost your own well being. Research by UB assistant professor of psychology Michael J. Poulin shows that helping sick family members can reduce stress and anxiety ([click](#)).
2. Losing a few pounds may help you survive a car crash. Research by UB's Dietrich V. Jehle, M.D. and professor of emergency medicine, found that moderately obese drivers are more likely to die in a severe car crash ([click](#)).
3. Hit the sack early. UB researcher Lisa B. Rafelson found that seven hours of sleep may decrease the risk of developing type 2 diabetes ([click](#)).
4. Keep kids involved with friends to prevent overeating. Research by UB's Sarah-Jeanne Salvy, associate professor of pediatrics, shows that childhood friendships can be a substitute for food and therefore can help stem obesity ([click](#)).
5. Don't give up hope when the going gets tough. Research by UB's Mark D. Seery, assistant professor of psychology, found that adverse life experiences appear to make us more resilient and adaptable to stress ([click](#)).
6. Talk to your kids about current events. Research by UB's Ming M. Chiu, professor of learning and instructional technology, shows that children who discuss current events with their parents develop better math and reasoning skills ([click](#)).
7. Jack-up your consumption of soy. Research by UB's Anne M. Weaver and co-researchers at Roswell Park Institute shows that soy products are associated with a reduced risk of developing invasive breast tumors ([click](#)).
8. Encourage your kids to walk to school. Research by UB's James N. Roemmich, associate professor of psychology, found that a simple morning walk could help curb stress-related spikes in heart rate and blood pressure in children, reducing their risk of heart disease later in life ([click](#)).

9. Pay with cash at the grocery store to avoid junk food. Research by UB's Satheeshkumar Seenivasan found that people who bought groceries with credit and debit cards were more likely to load up on unhealthy foods ([click](#)).

10. Have a few drinks to boost romance. Drinking in moderation with your spouse or partner can increase intimacy, according to research by Ashley Levitt of UB's Research Institute on Addictions ([click](#)).

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Greg

December 29, 2010 2:21 PM



Don't you think it's a little hypocritical that a university is telling its students to get seven hours rest? Not in my grad school.

More importantly, talk to the school of architecture about that.

[REPLY]

Score: 2 (4 votes)



JM

December 29, 2010 2:24 PM



pretty basic stuff really.

[REPLY]

Score: 0 (0 votes)



Mr. Pelham

December 29, 2010 2:27 PM



I think that's great

[REPLY]

Score: 0 (0 votes)



16thStreet

December 30, 2010 9:16 AM



Basic yeah, but how often is this put into practice? Common sense is supposed to be common, but we know that's not true.

Good advice though!

[REPLY]

Score: 0 (0 votes)



Liberty10

December 30, 2010 2:03 PM

[REPLY]