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[12-30-2010, 07:33 AM](#)

#1

sk8rmom
Senior Member

Join Date: Jul 2008
Location: NY
Posts: 3,796

New Year's Resolutions

I don't normally make them, but at 51 I'm starting to feel my age and the yen to look for other ways/reasons to get and stay motivated to lose that extra 20, go to bed earlier, bypass the easy snacks, etc... Any other good ideas out there?

Ten (Research-Tested) New Year's Resolutions, courtesy of the University at Buffalo:

Quote:

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. [Study Finds that Caring for an Elderly, Sick Spouse Sometimes has Positive Elements - UB NewsCenter](#)
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. [Obesity Increases Risk of Death in Severe Vehicle Crashes, Study Shows - UB NewsCenter](#)
3. Hit the sack early. UB researcher Lisa B. Rafalson found that seven hours of sleep may decrease the risk of developing diabetes. [Less than Six Hours of Shut-Eye Increases Risk of Developing Diabetes, Study Finds - UB NewsCenter](#)
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 in children. [Friendship May Help Stem Rise of Obesity in Children, Study Finds - UB NewsCenter](#)
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. [Study Confirms: Whatever Doesn't Kill Us Can Make Us Stronger - UB NewsCenter](#)
6. Talk to your kids about current events. Research by UB's Ming M. Chiu, professor of learning and instruction, found that children who discuss current events with their parents develop better math and reasoning skills. [Family Chats Can Help Students Learn, Especially in](#)



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Richer Countries, Study Shows - UB NewsCenter

7. Jack-up your consumption of soy. Research by UB's Anne M. Weaver and co-researchers at Roswell Park Cancer Institute shows that soy products are associated with a reduced risk of developing invasive breast tumors. [Soy Isoflavones Decrease Risk of Invasive Breast Cancer, Large Breast Tumors, Study Shows - UB NewsCenter](#)

8. Encourage your kids to walk to school. Research by UB's James N. Roemmich, associate professor of pediatrics, shows that a simple morning walk could help curb stress-related spikes in heart rate and blood pressure in children, potentially reducing their risk of heart disease later in life. [Walking to School Could Reduce Stress Reactivity in Children and May Curb Risk of Heart Disease, Study Shows - UB NewsCenter](#)

9. Pay with cash at the grocery store to avoid junk food. Research by UB's Satheshkumar Seenivasan found that people who bought groceries with credit and debit cards were more likely to load up on unhealthy foods. [Cash is healthier? Credit and debit increase impulsive food purchases](#)

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. [Alcohol and Romantic Relationships: A Good or Bad Mix? - UB NewsCenter](#)

Ten (Research-Tested) New Year's Resolutions - UB NewsCenter



Reply

12-30-2010, 09:39 AM

#2

Classof2015

Junior Member

Join Date: Aug 2010
Posts: 159

^Those are all good ideas. I don't have any specific goals, but I love the idea of starting fresh. Our kids get to do that (reinvent themselves) when they go away to college, and I wonder if sometimes, adults need to do that too. You get locked into certain patterns of being, and responding. So I look forward to acting as if I am a better version of myself. I heard of this thing called "30 day burn" meaning, if you do a new thing for 30 days (no desserts, more exercise, 7 hours a sleep every night) you'll be well on your way to making that new pattern a part of your life.



Reply

12-30-2010, 10:43 AM

#3

mathmom

Senior Member

Join Date: Feb 2006
Location: near New York City
Posts: 8,787

My resolutions:

Get my sleep schedule more in sync with dh and get more sleep in general.

Get a handle on the office filing system. I made need to do a major rethink, but current system is driving me batty.

Bill my clients in a timely manner and follow up when they don't pay up.



Reply

12-30-2010, 01:56 PM

#4

PhotoOp

Member

Join Date: Jun 2008
Posts: 455

I'm doing the cash at the grocery store - definitely! I just started keeping more cash on hand and found that it is harder to part with and my purchasing has definitely changed.

Quit the caffeine habit. Doctor's orders but I am having a very hard time parting with it.

And of course - the annual, lose weight resolution. What would January be without a diet?



Reply

12-30-2010, 10:23 PM

#5

sk8rmom

Senior Member

Join Date: Jul 2008
Location: NY
Posts: 3,796

^I am sooo doing the cash at the grocery store one too! I just downloaded my expenses and it was ridiculous what I spend at grocery stores last year...who eats all this food?! It's just two of us here most of the time...I eat dinner here, but he's gone as often as not! My neices and nephews are around a lot though I try to give them mostly healthy snacks.

Caffeine would be a deal-breaker for me...I'd rather lose 20 pounds and exercise more!



Reply

12-30-2010, 10:49 PM

#6