

# 2015 NEW YEARS RESOLUTIONS

Stall Seat Journal

Office of Health Promotion | Department of Student Health | University of Virginia

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## GOAL SETTING 101

**Set achievable goals.** Create a goal that you can achieve within one year and break it into smaller, manageable steps you can accomplish along the way. Focus on the issues that are most important to you, and describe your resolution in specific terms. Plan a limited number of resolutions, because behavior change tires the brain and too many goals can derail your efforts.

**Keep your goals in mind.** Tell other people about your goal and ask for their support. Posting your goal somewhere in your room can remind and inspire you. Write short-term goals on your calendar to track progress and help you focus on the gains. Remember to celebrate each success!

**Find alternatives to habits you want to change.** For example, replace soda with water or replace smoking with chewing gum. Make the alternatives part of your resolution plan. Changing the focus of attention in this way is a better method of behavior change than relying solely on willpower.



If you use tobacco, quitting is the best thing you can do for your health. Benefits of quitting smoking begin within 24 hours: your heart rate and the carbon monoxide levels in your bloodstream return to normal.

Even if you've tried to quit before, don't be discouraged. On average, smokers try several times before they successfully quit for good.

FREE resources can help! Visit the Office of Health Promotion for a **QuitKit** to help you get started, visit [TobaccoFreeU.org](http://TobaccoFreeU.org) for **quitting guidance for college students**, or call the Virginia Tobacco Quit Line (1-800-QUIT-NOW) to create an easy-to-follow **Quit Plan** and get coaching.



Regular exercise – both cardiovascular and strength training – helps you maintain a healthy body and mind. The American College of Sports Medicine recommends at least **30 minutes of activity** with an increased heart rate 3 - 5 days per week. The activity can be split up over the day, so walking briskly to class or taking the stairs counts.

Choose activities you enjoy and vary your routine. Head to one of the rec centers or get outdoors!

Try out **FREE drop-in group exercise classes** at the Aquatic & Fitness Center and North Grounds Recreation Center January 12 – 16. You can snag a **discounted pass** the same week. Find the schedule at the IM-Rec Sports website.



The new semester offers a chance to meet new people and try out new activities. Stop by the **Winter Activities Fair** on January 20 from 11 am to 2 pm at the Newcomb Hall Ballroom.

Participate in **First Year Seminar**, apply to be an **Orientation Leader**, or run for an elected position on **Student Council**.

Form a **study group** with classmates, invite a professor to lunch, or join an **IM-rec team** with people from your residence hall.



Focusing on **healthy habits** like balanced eating and exercise is a better way to improve health than focusing on numbers on a scale.

Get your day off to a good start by making time for **breakfast**.

Strive to include a variety of colors of fruits and veggies every day.

HOO  
KNEW ?

35% of UVa students do not drink on a typical Saturday night.\*

Reducing Risk  
if you drink

HOO  
KNEW ?

9 out of 10 UVa students who drink make their own drinks or watch them being made.\*

\* From the Spring 2013 Health Survey with responses from 654 UVa students

## What's your RESOLUTION

People who use protective behaviors when drinking are less likely to experience negative consequences. Using more than one protective behavior helps reduce risk further.

- Eat before and/or during drinking
- Stay in a group (aka the buddy system)
- Pace your drinks to one or fewer per hour and alternate with non-alcoholic beverages
- Avoid mixing alcohol with other drugs
- Use caution when sick or tired
- Be alert when drinking in a new environment
- Make your own drinks or watch them being made
- Use a designated driver or make plans to get home safely