

New Year, New You

Everyone knows that resolutions don't always stick. Whether you've planned to lose that muffin top, quit the occasional cigarette, or want to learn how to tap dance, statistics show that only a very small about of people, if any, actually complete their New Year's Resolutions. In fact, most people will go painfully overboard in the first few months of the new year that they burn out by mid-April, eat even more, start smoking full time, and generally feel like garbage by summer. Then the vicious cycle begins again...

This year, may I suggest avoiding resolutions all together? They are often lofty, unattainable, unrealistic pursuits of the "ultimate" you. Why not trying liking yourself enough this year to find love, be happy, and feel good in your own skin, regardless of what that package may look like.

The hardest, and most universal, resolution that people tend to make in the New Year is to lose weight. Whether its 3 pounds, or 30, don't set yourself up for failure. Make a schedule that is realistic to your already jam packed life, and try as hard as you can to stick with it. Don't beat yourself up for skipping twice in one week, or allowing yourself a piece of cheesecake after a nice dinner out. Learn to love you for you. The best part is that when you start to see changes in your body, your energy, and your attitude, it will no longer be a war against the Universe to get off the couch and head to the gym on a regular basis. Your body will thank you. And so will your sex life.

Try new and exciting things as stimulation, rather than focusing on what you *can't* do or have. Take a healthy cooking class because you're watching your waistline, or join a cool workout program like Zumba (fast paced Salsa/aerobic workout) instead of cocktailng with friends after work if you're trying to drink less. And use common sense. There is nothing less attractive than a smoker. Face it, no one wants to date one, and it's a stupid, dirty habit that takes just a bit of will power, patience, and a lot of snacks to curb. Quitting for good means a whole better you and a whole better- looking you to others.

There is one major resolution that anyone looking for love should follow: attempt to be more open in efforts to find your "perfect" match. Try being a little less critical and a lot more outgoing; you'll be surprised who you might meet. We all have our hang-ups about love, and relationships, and meeting the right person, but if you are truly serious about getting there, then, like conquering the gym, once you make small changes in the way you see others and focus on what people have as opposed to what they have not, then, similar to your waistline, things will fall into place. I guarantee- this is one resolution worth sticking too.