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Georgia Southern Expert Shares Wellness Tips for the New Year

DECEMBER 30, 2008



Getting into shape, losing weight and living a healthier lifestyle often top many New Year's resolutions lists. This New Year's Nigel Davies, Ed.D., of Georgia Southern University's Wellness Program, offers advice on how to improve all aspects of your health and wellness in 2009.

1. Set specific goals for the upcoming year. These should be behavioral and be designated as daily, weekly, monthly and yearly goals. Display them where you will see and read them each day. These goals should cover all seven dimensions of wellness (emotional, environmental, intellectual, occupational, physical, social and spiritual).
2. Create a budget based upon your take-home pay. Prioritize and include a specific amount for savings. Stick to your budget. Consolidate any debts to make them easier to pay off.
3. Identify at least one new activity and one new hobby you will try this year. Identify how you will learn and do the activity and the hobby. Encourage your friends and family to do the same.
4. Identify and completely remove at least two processed foods (anything not produced naturally) that you regularly eat from your diet. Replace them with fresh fruits and/or vegetables.
5. At least once a month, visit the wonderful state and national parks of this great country. Take friends and family for a picnic. Hike the trails to enjoy the scenery and wildlife.
6. Use reusable bags whenever you go shopping. To reduce your carbon footprint, car pool with your neighbors and friends when you go shopping or run other errands.
7. Search for and contact a long lost friend. Share your adventures and life happenings with each other.

Georgia Southern University offers wellness programs and events to the public throughout the year. For more information, contact Dr. Nigel Davies at 912-478-5436.