



January, 2010

# Weber-Morgan Wellness Newsletter

Supporting the Health and Wellbeing of our Community



## Did you know?

According to the US government at [www.usa.gov](http://www.usa.gov), weight loss is the #1 most common New Year's Resolution! Getting fit and eating right are ranked respectively at #5 and #6 and quitting smoking comes in at #9.



## Are you ready to quit?

For classes at the Weber-Morgan Health Department, call:

Anna - 399-7182  
Kristi - 399-7184

### Utah Quit Net:

1-888-567-TRUTH or  
[www.utahquitnet.com](http://www.utahquitnet.com)

### We Did It! Campaign

[www.wediditstory.com](http://www.wediditstory.com)

## Making Resolutions That Stick

It's that time of year when we honor the age-old tradition of New Year's resolutions. Coming up with resolutions is the easy part. Keeping our resolutions, however, is far easier said than done. While statistics vary, it is estimated that only about 20% of us actually stick to our New Year's Resolutions.

But don't let those numbers get you down! You *can* change your less than healthy habits! Here are a few tips to help you set resolutions that stick!

**Pick a resolution that means something to you** and that you're *really* ready to work on. Make sure you're doing this for *you*, first and foremost. No matter how well intentioned your goal is, if your motivations aren't in the right place, you're only setting yourself up.

**Be specific.** For example, instead of saying "I want to eat better," say, "I want to eat five fruits and vegetables a day." Make it measurable so you can track your progress.

## Resolve To Kick Butt!

Did you know that Utah has the lowest smoking rate of any state in the nation? Smokers represent about 9% of the state's population. That's a great number! What's not so great is that smokers represent 13% of Weber County, well above the state average!

### If you're a smoker, there's help!

The Weber-Morgan Health Department offers **free** smoking cessation classes to residents of Weber and Morgan counties. To schedule a class, call (801) 399-7182 or (801) 399-7184.

Looking for anonymity? Call the Utah Quit Line. Knowledgeable operators are standing by to help you kick the habit for good! You can call the Quit Line at 1-888-567-TRUTH or by visiting [www.utahquitnet.com](http://www.utahquitnet.com).

**Be realistic.** Make sure that it's something you really can do.

**Put it in writing** and post it in a place you'll see it every day.

**Break it down** into smaller pieces that are easier to manage and accomplish. For instance, aim for a weight loss goal of 1 lb per week (which is a healthy amount), not 5. Don't overwhelm yourself!

**Make an action plan.** Think of what you need to do to achieve your goal. Do you need to join a gym? Talk to your doctor? Figure it out and put in on your calendar.

**Tell someone.** Let someone help you to stay on track. They may even want to do it with you!

**Learn from your setbacks.** Slip-ups happen, and that's okay. Instead of letting it get you down, look at what led to the slip and make corrections.

### If you know a smoker, there's help too!

80% of people who smoke would like to quit. Your help and support can make all the difference. For more information on how to help someone quit, visit the We Did It Campaign at [www.wediditstory.com](http://www.wediditstory.com).

### Teachers can have an impact!

The average teenage smoker starts at 11.5 years old and becomes a daily smoker by age 19. Furthermore, if people do not begin to smoke before the age of 19, it is unlikely they ever will. You can help make a difference in the lives of your students by teaching them about tobacco in the classroom. For educational resources, including lesson plans and materials, call the Weber-Morgan Health Department at (801) 399-7184.