

Marks Remarks by Mark Rowen Lincoln County Educator 12-30-09

Well the new year has started and how many of us have made resolutions like to lose weight, double your salary, get healthy, work out more, etc. Studies show about half of all adults make New Year's resolutions.

Here are some rather grim statistics about those resolutions.

Studies have shown 75% of us have kept our resolutions after only ONE week. It goes down to 71% after TWO weeks. Only 64% of us have kept our New Year's resolutions after only ONE month.

There is some good from this; the same studies show 46% of us kept our resolutions for the whole year.

Let's study this last statement. This means about half of the people that DO make resolutions actually keep them for the whole year. This is great.

Here are suggestions by professionals on how to keep your resolutions for the whole year.

First: All of them agree; don't make a large number of resolutions. Keep the number to less than five. This makes it easier to stay focused on accomplishing the resolutions.

Second: Write the resolutions down and place them where you see each at least once a week. Make some REALISTIC steps to know you are making progress. Say with a weight loss goal, celebrate each time you take off 10 pounds: just not with a large banquet feast.

Third: Know there will be setbacks. Studies show a person has about 7 setbacks during the year before the resolution is accomplished. Keep this in mind if there is discouraging results.

I know once again, my resolution for this year is to eat healthy and exercise more. I did not do well for 2009, but I know 2010 will be better.

For those youth ages 8-18 interested in doing 4-H Shooting Sports the organizational meeting of our program is scheduled for January 10, 2:00 PM at the Beresford Library Basement. Parents and youth will need to fill out enrollment sheets and sign appropriate waivers at this time.

For more information about this and other topics call the Extension Office at 764-2756.