Think small about big goals.

Let’s say you really want to exercise more...

- Join a basketball league or find a pick up game at a nearby park
- Get a step tracker app
- Don’t use your car today
- Sign up for a fitness class
- Park further from buildings
- Invest in a good pair of running shoes
- Ask a friend to walk two miles with you

Remember, you are more likely to have success if you include things you enjoy.

Reach out to your EAP to find additional support with this year’s resolution.