

YOUR PARTNER IN LIFESTYLE CHANGE

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CHANGING YOUR LIFESTYLE ONE BITE AT A TIME!



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2023 - TO NEW BEGINNINGS!



Resolutions are promises without a plan: no clear direction is indicated. Whether you aim to reach smaller goals more often, or are a big hitter who prefers aiming for the stars – The fact is: we all need a “game plan”. As sure as the sun rises in the east – planning equals success.

Don't make resolutions without an action plan!

To help set you on your way towards achieving your health goals we've compiled 3 key points.

1. S.M.A.R.T

Defining SMART parameters as they pertain to your goal is a crucial first step.

S – Specific
M – Measurable
A – Attainable
R – Realistic/Relevant
T – Time-bound

You're not going to see progress immediately; it takes time and positive influence.

2. Celebrate the small wins

“The stream of motivation does not rely on a single thunder storm but flows from regular, soft spells of rain”. - proverb

Expecting too much in a short period of time can be demotivated. Why not start the new year with smaller goals – SMART-er? Consider giving yourself a weekly challenge, celebrate each victory. Example: running your first 1km without stopping

3. Be accountable

The easiest person to fool is yourself - involving your friends, family or peers is a powerful tool to keep you on the beaten track.