



# SAND RUN PHARMACY

## NEW YEARS RESOLUTION

JANUARY 2014

The start of a new year... What a better way to start it off than with a New Years resolution! Many people set goals during this time in hopes of reaching the targets they have set for themselves. Some popular New Years Resolutions include the following: eating healthier foods, saving money, getting in shape, losing weight, managing stress, and volunteering. All of these resolutions are great ways to start off a new year, but what are some techniques to keep yourself on track during the new year?



Statistics have shown that only 8% of people will achieve their New Years goals. One of the main reasons why so many people fail at their New Years Resolution is because they have a long list of goals they want to achieve. This is a big problem for many people because most

of them do not have time for all of the goals they have set for themselves.



To start off this New Year, try **setting small attainable goals**. If you are trying to eat healthy or trying to work out more (to lose a little bit of the holiday weight), use a calendar on your phone to **set reminders** of which days you are going to the gym. By doing this you have a set routine of which days are gym days. Another way to keep you motivated on going to the gym is having your gym clothes in the car. You will be prepared to go right after work so you don't find an excuse to put it off after dinner. Another way to **be prepared** is to pack your healthy lunch ahead so you are not tempted to quickly grab fast food.

Another tip for staying on track is **making your goal obvious**. By making a personal blog or sharing your goals with your family



and friends, you can share what you have accomplished over the past couple of weeks or months. You can also find others to support you and encourage you during this time.

This will keep you motivated in trying to reach your goals and setting new goals for the future.

Finally, **always believe in yourself**. People that fail at their New Years goal often blame their own self determination. Just remember that you have the will power to do whatever you think you can do! Don't let anyone tell you "You can't do it".

By following these few tips on how to keep on track with your New Years Resolution, you will be setting attainable goals for yourself.



# Happy New Year

## SPECIAL REMINDERS FOR THE NEW YEAR:

- ◇ Don't forget to bring new insurance cards
- ◇ Remember to always look over your insurance plans to see if anything has changed
- ◇ If your insurance plans have changed, please notify us before filling your prescription

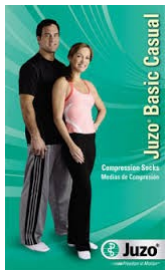


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Sand Run Pharmacy also carries a variety of compression stockings and socks for women and men! Increases circulation which is great for the winter.



Thank you all for the holiday goodies! Our staff has thoroughly enjoyed every last bite of them!!



Feel free to stop in and say hi! You can also check-out our website at:

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

