

HEALTHFUL TIPS

Health and Fitness Tips for Your Entire Family

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Something to Consider

Are you like most people caught up in the sudden burst of motivation that comes in January to take on the New Year with a renewed sense of zeal? If so, then this is a great opportunity to review the past year and plan for the one ahead a bit differently. Typically at the top of most people's lists is gaining control over time, one of our most valuable possessions.

One of the best ways to do this is to create lists. You are probably thinking lists are only for grocery shopping, but that is so not true. Many people are using lists to track long-term goals, evaluate their lives or just manage all the things they need to get done. Additionally, a list can help beyond keeping you organized, which is why it might be a good thing to adopt in 2011.

What can a list do for you?

Balance

- A list helps you focus on what you need to accomplish. Seeing your "to-do's" in writing allows you to see where you can prioritize and what tasks are similar, so you could possibly work on them together. This will help you **achieve balance**, as you are better able to manage your time so that you can pace yourself. This will also create time for the extra things in life.

Brain Power

- There is a soothing side to list-making as it clears your mind and can help you keep calm, which reduces stress. In addition to that, you won't forget or worry over an important task because you wrote it down. This is **maximizing brainpower**. Who needs all that extra mental clutter?

Gain Control

- Another benefit of list making is how you **gain control** every time you cross something off your list. This serves as a mental reminder that you're making progress. Surprisingly, lists help us reach our goals even when we don't accomplish everything on them.

Tough Decisions

- Make **tough decisions**: if you're paralyzed by indecisiveness, make a brainstorming list. The simple act of tackling the problem on paper can also help you feel better equipped to handle it. Jot down anything that comes to mind, no matter how improbable.

Beat a Slump

- **Beat a Slump**: list your happy moments when you're feeling a bit down. Reminisce and find renewed motivation. A list can generate more enthusiasm for life in general. Even a list of the things you truly enjoy, like reading a good book and making sure you do it, can bring a bit of happiness to your busy life.

Have Fun

One does not have to be confined to one type of list. Just make sure that whatever type of list you create has fun stuff added. Don't make it too top-heavy; otherwise it could quickly lead to stress and unhappiness. Maybe include one thing you want, like meeting a friend for dinner or trying a new exercise activity. This could revolutionize your 2011 year, so give it a try.

*Happy New Year,
everyone!*

