

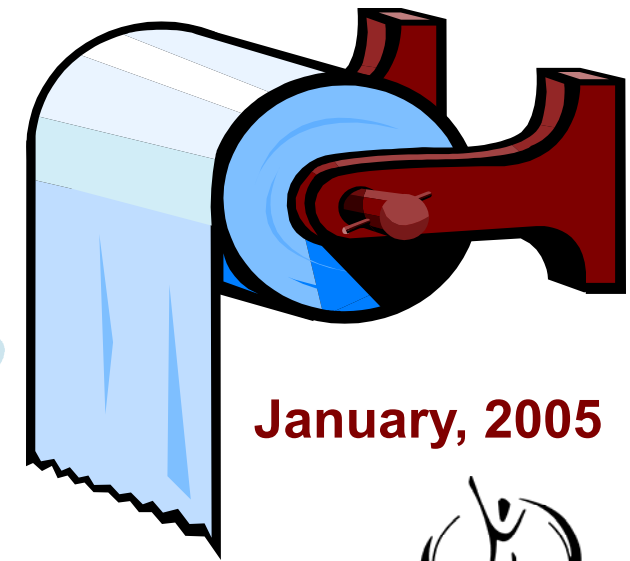
# ON A ROLL!

## Daily Exercise Suggestions

Walk 10 minutes a day and increase your fitness level.  
Take the stairs whenever possible. Pass up the elevator.

Park and walk—the farther the better.

Crunch in bed - and we don't mean chips! Before you even get out of bed in the morning, do 10 crunches—and work up to 100!



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Brought to you by the WELs - the NDSU Wellness Education Leaders. For more information about exercise and wellness, visit the NDSU Wellness Center on the web at: [wellness.ndsu.nodak.edu/](http://wellness.ndsu.nodak.edu/)

## 6 Ways to Stick to Your New Year's Resolution

1. Focus on positive self-talk. Be your own cheerleader.
2. Don't berate yourself if you break a resolution...just start again.
3. Stick to your resolution by thinking of it as a promise to yourself—not a test of your willpower.
4. Avoid situations that put you in temptation's path. If you're on a diet, don't go to an ice cream parlor.
5. Keep a sticky note in a prominent place to remind you of your resolution.
6. Be realistic. Make changes as easy and convenient as possible. Make sure your resolutions fit into your lifestyle.



## Tips for Better Sleep

- Stick to a schedule and don't sleep late on weekends.
- Don't eat or drink a lot before bedtime.
- Avoid caffeine and nicotine.
- Exercise.
- Get most of your sleep at night.
- Keep your room slightly cool...quiet...and make your bed. Make sure your bed is comfortable for you.
- Don't agonize over falling asleep. The stress will just keep you awake.
- Try taking a warm bath or shower before bed to relax tense muscles.
- Don't rely on sleeping pills. Carbohydrates will make you sleepy.