

# Popular New Year's Resolutions and Tips to Help You Keep Them

---

DECEMBER 08, 2009

DENVER — Experts with National Jewish Health offer the following tips for helping you keep some of the most popular New Year's Resolutions.

**Reduce Stress** -- "Practice relaxation techniques. Deep breathing, progressive muscle relaxation, imagery, and music are all things that can help you reduce stress levels." Heather LaChance, PhD.

**Diet** - "Treat the 1st of every month like the 1st of every year. That way if you've fallen off your diet during January, February 1st is a new opportunity to get back to it." Carrie Gleeksman, MS, RD, Clinical Dietician

**Exercise** - "Start gradual with small goals and slowly build up to your long term goals. Don't expect to be able and run a marathon the first time you go out." Josh Fructman, PT.

**Quit Smoking** -- "Smoking is a very orally fixated habit. One tip many have not heard of is the "Straw Method." Find a straw that has the width of a cigarette, cut the straw down to the size of a cigarette, stuff the straw with cotton-this acts as a filter. Puff on that instead." Robert Shaw, Colorado Quitline Counselor

**Get a Better Job** - "It is important to utilize all of the resources they have available. websites such as Facebook, Craigslist, Indeed.com, Linked-In and Jobing.com provide open job listings and networking opportunities on a regular basis. Also Complete the employment application in its entirety - do not skip any sections. Customize your cover letter for every position you apply for, and send thank you letters (hand written) to each person that you interviewed with." Stephanie Franszczak, Human Resources Generalist.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 121 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the media resources page.

## Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

**William Allstetter**  
303.398.1002  
allstetterw@njhealth.org

**Adam Dormuth**  
303.398.1082  
dormutha@njhealth.org