

**Mayo Clinic Minute**

**Make a New Year's resolution to move more in 2018**

<b>Video</b>	<b>Audio</b>
	We've all done it. We make a New Year's resolution to get in better shape, but give up after a few days or weeks.
	So how can you make this the year you actually stick to it?
00:02:02 <b>DANIELLE JOHNSON</b> <b>HEALTHY LIVING PROGRAM</b> <b>Mayo Clinic</b>	"Making sure that you start with a really realistic goal. Then really thinking about what do you enjoy."
	Danielle Johnson is a wellness physical therapist with the Healthy Living Program at Mayo Clinic.
	She says one of the first things that trips a lot of people up is forcing themselves to do exercises they hate.
00:02:56	"Looking at some new goals that you can be excited about. Exercise should not be drudgery. Exercise should be fun."
	She says it's also important to be realistic about your time commitment.
00:03:43	"Maybe you only have 20, 30 minutes three days a week. Again, starting from a place where we can build success. You can always add more."
	But above all else, be honest with yourself about what you can stick to.
00:04:10	"So having realistic, healthy expectations can be a really good way to move forward in a very successful physical activity plan."
	For the Mayo Clinic News Network, I'm Jason Howland.