

**Mayo Clinic Minute: Strategies for health success in the new year**

Video	Audio
	A new year can be a great time to kick-start a new, healthier routine. But the reality is, most people, while they may have great intentions, end up ditching their New Year's resolutions within the first two weeks. Sound familiar?
<b>Donald Hensrud, M.D.</b> <b>Editor</b> <b>“The Mayo Clinic Diet”</b>	"I'm going to exercise. I'm going to exercise two hours a day. That lasts about a week or two, and then it goes all downhill."
	"No one is perfect."
	Dr. Donald Hensrud says it's important to go into the new year with the right attitude.
	"Not focusing on a goal weight, but looking at this as an opportunity to eat better, to move more and, most of all, to feel better."
	Whether you want to work out more, eat a more healthful diet or both, Dr. Hensrud says it should be a priority in your schedule.
	"They can make it part of their lifestyle, and they can improve their health and manage their weight throughout the year, not just for two weeks in January."
	He says the first steps towards weight management can be overwhelming, complex and stressful, but it doesn't have to be. One strategy that can help is planning.
	"If we don't plan, we may have to eat whatever's available. We may not make good choices. So the work and the effort, a lot of it is in the planning."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.