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

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<td>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?</td>
<td>&quot;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.&quot;</td>
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Donald Hensrud, M.D.  
Editor  
“The Mayo Clinic Diet” | "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.