



Meet the experts

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A panel of local experts gives tips for making resolutions and sticking to them.

Migliore: Look at it in terms of consequences. ... Instead of saying, "I should go to the gym five days a week," say, "I could go over to the gym three days a week."

Migliore: Jot down actual thoughts of when you have food cravings. What did you think? And go back and always check and ask yourself, "Am I really physically hungry?"

Migliore: Do a hunger awareness day. ... Wait to start taking in any fuels until you feel true physical symptoms of hunger.