

10 healthy habits for the new year

By Matthew Basso, Huffington Post

2014 is coming to a close, so inevitably the chatter of new year's resolutions is getting louder. It's great to start goal setting and structuring a program to make sure you're successful early; however, it's equally important to take note of what has and hasn't worked for your health and fitness goals this year.

Regardless of whether you want to make a massive change for the better or carry on with the fitness success you've managed to accumulate, you'll want to take stock of your behavioral patterns to determine which are beneficial to keep and which need to be dropped.

Before I make suggestions to my clients about nutritional, physical, or mental changes to make, I experiment with myself. It allows me to articulate the disciplinary challenges and positive changes that new habits can bring to ones life. Additionally, it helps them move closer to their goals faster as I've already ruled out the things that are a waste of time.

This year I personally was able to surpass some personal fitness goals and help several clients do the same. The life changes you make to create a healthy lifestyle aren't always the obvious ones. Small triggers can initiate massive focused action.

[Read the whole story](#)