

# Spa's Top Tips For Keeping Your New Year's Resolutions

Most people hit January full of remorse and vowing to get healthy, get back in shape and then stay healthy for the rest of the year. It's mid-January and whilst most of us have still kept to the diet, health-kicks and our work-outs, on average only 20% of us keep our New Year's resolutions....

While resolutions are well-intentioned, unfortunately most people fail at keeping them. With all the hype surrounding these promises, it's easy to get caught up in them without really taking them seriously.

Steve Joynes; Managing Director, at Eden Day Spa @ Hoar Cross Hall in Staffordshire and Eden Hall in Nottinghamshire commented;

***"We live in a throw-away society and even our resolutions, I'm afraid, are not immune. However, especially for promises that include improving our health it's in our best interest to not take them lightly. While you can't wave a magic wand and make your resolution come true here are some easy steps to take to make it easier to fulfill your promise to yourself."***

## **CREATE A GAME PLAN**

Write yourself a comprehensive plan. All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. Write your own personal plan and you'll be more likely to succeed as well.

## **GET HELP**

Don't go it alone! Get professional assistance. Everyone needs help . Sometimes you need the help of a trained professional. Don't feel that seeking help is a way of copping out. Especially when it comes to fitness, research studies have shown that assistance from a fitness professional greatly improves peoples success rate. Eden Day Spa has a trained team of fitness professionals who will tailor you a programme that you can both stick to and most importantly enjoy.

## **STAY ACTIVE**

Choose an obtainable goal. Resolving to look like Kate Moss is not realistic for the majority of us, but promising to include daily physical activity in our lives is very possible. Exercise is a great way to cut down on stress, boost morale and clean out your system.

When you exercise, endorphins are released which make you feel more chirpy and also reduce the pangs for food. A brisk walk for 30 minutes a day will help you burn off those calories too. Unfortunately, some of the biggest failures are found in fitness resolutions. But don't let the statistics get you down.

## **REWARD YOURSELF**

Reward yourself with each milestone. If you've stuck with your resolution for 2 months, treat yourself to something special. But, be careful of your reward type. If you've lost 5 pounds, don't give yourself a piece of cake as an award. Instead, treat yourself to a something non-food related, like a spa treatment.

## **CUT DOWN ON ALCOHOL AND REHYDRATE**

We all know the recommended limits of 21 units a week for adult males and 14 units a week for adult females - around 10 pints and seven pints respectively, are impossible to stick to. But try damage limitation - alternating soft drinks with alcohol, don't have more than one drink an hour and of course - never drink on an empty stomach! Rehydration is key, try to make sure you're taking in enough fluid - eight glasses of water per day is a good rough guide.

## **DETOX**

Giving up caffeine, cigarettes, and booze all at once actually puts an extreme amount of stress on your body which will leave feeling terrible. Cut these out slowly reducing gradually before giving up all together. Drink at least 2 litres of water per day to flush out toxins and boost metabolism. Meanwhile, if you're feeling tired out, reach for fruit as a boost rather than chocolate or crisps.

## **DE-STRESS**

Keep tabs on your stress levels and take time out to relax, whether it's with a walk, a relaxing bath or even a short snooze. Our trained spa therapists can guide you on this.

## **SLEEP**

Long hours and less shut-eye can play havoc with your health, causing everything from irritability to illness as our immune system struggles to cope with the overload. Do your body a favour - get plenty of sleep.

A full range of health, fitness and spa treatments are available at Eden Day Spa - check out the web site on [www.edenspa.co.uk](http://www.edenspa.co.uk) for further details.

Ends -

For further information, please contact Margaret Murray at Frequency Media on 0121 224 7453 or email; [margaret@fmguk.com](mailto:margaret@fmguk.com)

**For a residential bookings call Hoar Cross Hall on 01283 575 671 for reservations and 01283 575 747 for details of treatments. For day spa treatments call Eden Day Spa on 01283 575 678.**