

# Do It Now

**There is no time like the present. If you're waiting for a more convenient time to change, it won't come. Begin now to have a jump on a more satisfying future.**



# Redefine physical sensations of discomfort

**If you smoke, you will go through withdraw symptoms as the nicotine level in your body drops. Try interpreting these symptoms positively. Your body is cleansing itself and becoming healthier.**



# Allow for Imperfection

**You are not going to be perfect and that's ok. It's not about the “slip up”, it is about getting back on the path to your goal.**

# **Make tasks non-negotiable**

**Write down the times you will exercise in your planner and treat them like any other meeting or assignment you have to do. Set aside which day you will go out to eat or treat yourself to Starbucks.**

# Set specific goals that you can reach

**Instead of saying I want to lose weight or I want to start exercising, set a specific goal. “I want to lose 1-2 pounds per week for a month” or “I want complete 30 minutes of exercise 3 times a week for the rest of the semester”.**



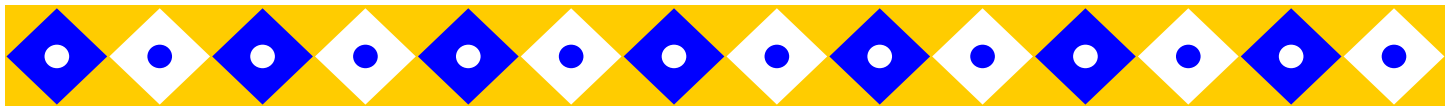
**Focus on the changes you can make, more than the end result. The behavior changes will get you to the end result**

**If you want to save money this year, focus on the changes you need to make to do that. For example, only eating out one time a week or buying a coffee maker to make coffee every morning instead of going to Starbucks.**

## **Need some extra support to stick with your New Year's Resolution?**

**Stop by the Wellness Center (2nd Floor Wayne Hall) for a grab and go kit.**

- . Stress Kit: Quick & easy ways to manage stress all year long**
- . Tobacco Quit Kit: Support for making a quit plan and dealing with cravings as they come**
- . Sleep Kit: How to get a better nights sleep & ear plugs to drown out the noise**
- . Sex Kit: Information to protect yourself from sexually transmitted infections & the keys to a healthy relationship**
- . Diet & Exercise Kit: Healthy eating tips, a res hall healthy snack list, & making fitness fun**
- . Cold & Flu Prevention Kit: Tips for staying healthy this winter!**



***Need help setting a New Years Resolution?***

Check out Ping My Health.  
Ping My Health will help you  
identify areas that need a change  
and help you make a plan.

Ping Your Health at  
[www.wcupa.edu/wellness](http://www.wcupa.edu/wellness)



# Campus Resources to Help You Stick With It

Office	Location	Phone Number
Counseling Center	241A Lawrence	610-436-2301
Career Development Center	225 Lawrence	610-436-2501
Department of Recreation and Leisure Programs	Ehinger Gym, room 133	610-436-IREC
Health Center	Wayne Hall, 2 <sup>nd</sup> Floor	610-436-2509
Learning Assistance Resource Center	223 Lawrence	610-436-2535
LGBT Services	233 Sykes	610-436-3351
Multicultural Affairs	003 Sykes	610-436-3273
Public Safety	690 South Church Street	610-436-3311
Religious Student Organizations	238 Sykes	610-436-3301
Service Learning and Volunteer Programs	Killinger Hall Basement Room B-19	610-436-3379
Student Leadership and Involvement, New Student Programs	202 Lawrence	610-436-3305
Sykes Fitness Center	Sykes Student Union	610-436-3272
Wellness Center	Wayne Hall, 2 <sup>nd</sup> Floor	610-436-3276
Women's Center	220 Lawrence	610-436-2122
Writing Center	214 Lawrence	610-436-5664