



Fit For Sisters
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Columnist

Resolutions are dropping

February is around the corner and most of us have gotten back into routines after the holiday. Many, who after the holidays felt the shame of binge eating, letting go of exercise routines, and stressful travel promised in 2019 to make

a resolution. According to *Business Insider's* report, only 64 percent of people remain on board one month in.

How does it happen that a strong desire upends itself only one month in? Blame the paradoxical nature of the human being. A brain that is routed for habitual behavior. A person sees chocolate, a person eats chocolate, a person feels good. It's a basic program our brain runs in order to make higher-level thinking possible.

It takes time and a defined process to re-wire the program.

Learning from failure is one of the treasures of life. Without failing where would anyone be? Instead of labeling yourself as lazy or useless, look at the wins. If eating better was a goal, you undoubtedly did succeed. Maybe you learned you actually like salad greens and can stand having a salad

for lunch. Maybe eating fish and chicken took the place of sausage and burger. Perhaps you switched out a daily cola for a no-calorie sparkling water. These are all small changes, but if they are extrapolated over a year they can make a big difference.

Did you make it to the gym a few times? Are your running shoes by the door, awaiting a walk? Did you remember that standing up and doing some stretches improves posture and tension in your back immediately?

Take the win — and make that stick.

Resolution goals are usually set at a time when there is a big swing of personal shame and social pressure. This condition makes for overshooting. Eating better and exercising more sound so simple, but in context of a busy life, it quickly becomes overwhelming to

the autonomic brain, always seeking for the simple habitual programming.

Forty-two percent of people reported failing a new year's goal because of it being too difficult while 36 percent blamed lack of time. This aligns with the habitual programming concept. Our behavior is set the way it is because of ease and time conditioning.

While eating healthfully seems like it takes time, if you make enough of a healthy meal to last for days you would inevitably save time. Any novelty is difficult at the first approach, but a meal of pre-packaged salad, a package of pre-cooked quinoa, some garbanzo beans with a healthy dressing is only slightly more difficult than a packaged microwave product or drive-through burger.

Most goal-setters are hamstrung by their ambitions. Twenty-five percent

of people reported that losing 40 pounds would be ideal, while another 30 percent wanted to lose 20. Now, if you're a month in and see that three pounds is all that's been lost, there's a huge emotional letdown which might cause you to jump ship. One pound lost is still one pound lost.

Take the win.

Set a small goal and revisit it twice or three times a week. Make a small step, and make it a habitual program.

It's a month into the new year, and many who were driven to succeed are facing a wake-up call. Take small wins, recontextualize the oversights, know that time and difficulty are conditioned; take the overall dream and break it into small bites.

Even if a goal isn't met, that's OK. The journey is where the most important growth happens.

HABITAT: Heart of Oregon worked on home

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important, but not really necessary. I watched Silvia's face when the walls were put up. I watched her face when we walked across the subfloor; I watched her face when the walls were being painted. No words were required to tell us how much this home means to this family."

While Ayala held her new grandchild, she expressed her thanks to the crowd, saying she and her children will treasure the memories that they will make in their new home.

Those interested in homeownership through Sisters



PHOTO BY JERRY BALDOCK

Move-in time for the Ayala family.

habitat for Humanity or in the Sisters Habitat home repair program can visit www.sistershabitat.org and review the qualification guidelines, or call the Habitat office

at 541-549-1193. Heart of Oregon Corps is currently hiring 16- to 24-year-old youth. To apply or for more information, visit www.heartforegon.org.

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