

Making New Year's Resolutions A Reality

(NAPSA)—At the stroke of midnight on December 31st, people around the world will rejoice and welcome the new year. Traditionally a time to celebrate with champagne and kisses, it is also a holiday notoriously littered with revelations and more importantly, resolutions. While some are disciplined about establishing New Year's resolutions and sticking with them throughout the year, many of us find ourselves fumbling and promptly forgetting our original intentions. Whether the goal is eating healthy, exercising, reading more, taking up a new hobby or volunteering, any resolution can be accomplished if approached carefully. This year, Hellmann's® and Best Foods® offer some simple and straightforward tips to help achieve your New Year's goals once and for all.

Start small

Instead of committing to too many resolutions at once, focus on a single goal and make sure that it is one you are serious about achieving. Once you have defined the task, break it down into manageable steps with clearly defined results so that you can track your progress along the way.

Write it down

Write down your resolution and place it in an area that is highly visible to you. Consider sticking the reminder up on the refrigerator, your computer screen, a message board, or on the dashboard of your car. When wording your resolution, keep the language positive and inspirational. For example, if you are trying to reduce stress in your life, a reminder that shouts "don't get stressed" will be less effective than one that suggests simple, actionable ways of relaxing, such as "take a deep breath" or "visualize a soothing image."



Get your mind and body fit

It's easier to commit to a resolution when you feel strong both inside and out. Helpful steps to take include incorporating an exercise regimen into your schedule, lowering your intake of fat and implementing a well-balanced diet with plenty of fruits and vegetables, lean meats and dairy products. Hellmann's® and Best Foods® Light Mayonnaise contain half the calories and the fat of Real Mayonnaise and Just 2 Good!® Reduced Fat Mayonnaise contains just two grams of fat per serving, to help you stick to your mission without sacrificing great taste! Both options offer a delicious enhancement to those turkey or tuna salad sandwiches, potato salads, dressings, vegetable dips and more.

Kathleen Daelemans, celebrity chef and author of *Cooking Thin with Kathleen Daelemans* and the upcoming book, *Getting Thin and Loving Food*, offers the following advice: "Stocking your pantry with grab and go, better-for-you ingredients will allow you to whip up easy meals on those nights that feel like they're get-

ting the best of you. A Tuna Pasta Salad with Lemon-Caper Mayonnaise Dressing is a soul satisfying, creamy delicious supper you can create in the time it takes to boil noodles, especially if you've got some kitchen essentials on hand: Light mayonnaise and white albacore tuna." (Visit www.hellmanns.com or www.best-foods.com for other delicious low-fat ideas.)

Overcome roadblocks

Make a list of things that could prevent you from keeping resolutions, such as illness, a busy travel schedule, lack of time or cold weather. Coordinate a plan that considers the inevitable obstacles of life, offer yourself clear incentives (no matter how small) for reaching your personal goals, and don't let a few weak moments or days turn into a year of unfulfilled resolutions.

Recruit cheerleaders

Inform family, friends and co-workers of your New Year's initiatives and have them act as a support group. There is strength in numbers and partnering with those who have similar goals will help you to keep things on track. If dieting is the year's undertaking, Daelemans suggests meeting up with friends once a week to create an outrageously delicious, you'll-never-know-its-low-fat meal. "Cooking at home more and eating out less is the only way to truly control the quantity and quality of food you're consuming," says Daelemans.

The key to a successful New Year's resolution is creating attainable goals and having realistic expectations. With these helpful tips from Hellmann's® and Best Foods®, you can take charge of your life in 2004.