6 Fitness goals for 2016 – and how to achieve them

Have you made a New Year’s resolution? If you have, you’re in good company according to most estimates about one in two people do. Losing weight, being more organized, saving money, enjoying life and getting fit usually top the charts, but sticking to the plan is hard to do: as little as 8 percent of people, according to a study by the University of Scranton, fully achieve their goals. But we can offer a bit of help: Using GetFit 2016 we asked what your fitness goals were for the year ahead and you responded with plenty of Ideas – from getting ripped to changing you mentally, becoming a vegan and everything in between!

1) **Work out move** – Squats, dead lifts, running and jumping jacks the most popular responses. Whether you’re lifting weights, running up steps or doing squats, working out was one of the most popular fitness goals.

2) **Go the distance** – Signing up for runs, triathlons or marathons is a popular New Year’s Resolution – and all the mud, sweat and tears are worth it. The end result of the event is a huge sense of achievement but all the training and hard work is the actual benefit of committing to the sporting goal. Whether you’re running for charity or wanting to beat your last time, make sure you set goals that are attainable and sustainable, beginning with little changes.

3) **Get a six pack** – For many of you 2016 will be the year of the abs, doing crunches and sit ups to build the prefect six pack. Remember it’s important to give your goal value – so don’t cancel gym sessions as though they’re not worth it. Book in all your exercises sessions in your diary like you would a work meeting, date night or special event.
4) **Diet and lose weight** – This is by far the most popular New Year’s resolutions, with people choosing to cut down alcohol, eat healthier or use the gym to shed pounds. It takes time to build and create new habits, so start by making small changes to have sustained success. If you’re the kind of person who struggles with self-motivation, then it might be a good idea to join a group – they’re great for socializing and it means you have to keep up with them.

5) **Challenge yourself** – For some of you, working out once a week just isn’t enough. Instead your goal is to exercise, eat well, sleep well, and even hang out with the right people. If you’re aiming high then you’ve got to be motivated. So remind yourself that it is your choice to exercise (even when it doesn’t feel like it). Celebrate when you reach a target – no matter how small – and finally, have people who can support and praise you as you progress.

6) **Build a positive mentality** – whether you’re fighting obesity or trying to live longer, keeping a healthy mindset was a top goal for some of you. Values are different from goals as we never reach them but we should always strive towards them. Values are defined by what is truly important to you, what you want your life to be about and what you want to stand for – and once you identified them you need to pursue them vigorously.

[http://www.cnn/2016/01/05/health/fitness-new-year-resolutions-2016](http://www.cnn/2016/01/05/health/fitness-new-year-resolutions-2016)

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**21 Achievable New Year’s Resolutions for your Health**

If you are popping aspirin on a daily basis to lower your chances of having a heart attack or stroke, it might turn out that an aspirin a day may not keep the doctor away.

In fact, it could make things worse for your health.

Doctors will often tell patients to take a daily aspirin since doing so can prevent the formation of blood clots, which cause heart attacks and strokes.

A new study published in the Journal of the American College of Cardiology found that one in 10 people were either prescribed an aspirin regimen or daily they were taking one preventively when it wasn’t necessary.
To figure that out, researchers looked through the health records of almost 69,000 people receiving care at 119 cardiology practices throughout the United States.

The scientists determined the people who didn’t need to take the aspirin had too low of a risk to need it to prevent a heart attack or a stroke.

Someone taking aspirin with low risk for heart attack can cause more harm than good.

It can cause gastrointestinal bleeding, ulcers and the most dreaded place where (there is bleeding) inside the brain. The area can’t accommodate a lot of blood and you can die.

An unneeded aspirin regimen can also make your blood too thin, causing problems if you need surgery.

If you’re had a stroke or heart attack in the past, or fall into that bracket where an aspirin regimen is needed, you do still need to be careful. You need to make sure you’re taking the right dose.

The recommended dose for someone who needs to be on an aspirin regimen is 81 milligrams. That’s the equivalent of the dose of a baby aspirin in the United States. Taking anything more than that increases your risk for side effects.

People weigh the concern of the risks of heart disease over the risk of the side effects.

Those who have that less than 6% risk should be maximizing lifestyle reduction efforts rather than a medication such as aspirin.

Lifestyle reduction efforts include getting enough exercise, eating properly, getting enough sleep and reducing levels of stress.

The take-away from this study? Consult your doctor before beginning any sort of any medicinal regimen, and if you don’t need to be on an aspirin regimen, stop popping those pills and start stepping out for exercise.

Source: http://www.cnn.com/2015/01/16health/aspirin-for-health
A win-win for our health and the planet

14 photos Submerged: What cities around the world look like if temperatures keep rising. The following images shown were provided by Climate Central as part of the report released 2015.

Shanghai two degrees warmer.

Shanghai, if temperatures were to rise by four degrees.
Durban

Durban, at two degrees warmer, according to Climate Central.

New York City

Here’s how New York City might look if temperatures rise by two degrees Celsius.
London, at two degrees warmer.

And here’s how the House of Parliament could look if temperatures rise by four degrees Celsius.

Part of Mumbai could flood if temperatures rise by two degrees.

Much more would be submerged in Mumbai, if temperatures rose by four degrees.
Here’s **Sydney** with a rise of two degrees.

At four degrees water would start to lap at the stairs of the Opera House

Here’s **Rio de Janeiro** at two degrees warmer.

And again Rio if temperatures were to rise by four degrees.