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## BREAKING NEW YEAR'S RESOLUTIONS

(by Tonya Mosley / KING 5 News)

It's a new year, a chance for a fresh start. The three biggest resolutions? Eating better, quitting smoking and exercising but, by January 7th, a quarter of those with resolutions have already given up.

"The main reason is because people haven't changed their thought patterns," said fitness trainer and X Gym Alki owner PJ Glassey. He said we forget what didn't work, focusing more on big results without making big changes. "You may have heard this quote, 'The definition of insanity is doing the same thing over and over and expecting different results', and it's true!," said Glassey.



Nutritionist Kimberly Mathai said the key to success is learning what's good for us and being real with ourselves. "People equate small with not significant, but I don't agree. I think small changes lead to bigger changes." For example, if you're a couch potato, incorporate exercise twice a week, instead of making an unrealistic goal of working out five days a week.

It's a philosophy that's helped Lauren Shelton. "The resolution was to lose 20 pounds and that was it, just a weight loss." Shelton lost the weight over 2 years, but experts say she is the exception.

By the end of the month more than half of those with resolutions will have ditched them. Mathai said losing the new year "timetable" will change your way of thinking. "Don't be discouraged. February's a good start time, March is a good time to start and April's a good time to start!"

And there's always next year.

Courtesy of King 5 News  
<http://www.king5.com/health/Breaking-Resolutions-80957602.html>