

New Year's Resolutions



Many people make resolutions during the New Year. A resolution is a firm decision to do something. The most popular New Year's resolutions are losing weight, saving money, getting fit, and stopping smoking. About 45% of Americans make one or more resolution every year. However, only 8% of people actually succeed.

There are several ways to help your chances of achieving your resolution. The first way is to be **realistic**. Setting small goals is much better than trying to make big life changes. 35% of New Year's resolutions fail because of this. If you were planning to get in shape, for example, you will have a better chance if you start with a little exercise each day. People who try to run 5 kilometers each morning from January 1st will likely give up soon.

Another tip is to plan out how to achieve your resolution. If you want to lose weight, for example, decide what kind of food you will stop eating and how often you will exercise. Making a detailed list will help you. Once you have made your plan, **stick** to it! It is important to always follow your plan.

Another way to make sure your resolution succeeds is to **track** your progress. If your plan is to lose weight, write down how much weight you lose each week. Make a chart of your weight loss and put it somewhere you can see it. This will help you to keep making an effort. Almost 33% of people who fail their New Year's Resolutions do so because they didn't track their progress.



1. According to the article, what is a common New Year's resolution?
 - a) to smoke more
 - b) to gain weight
 - c) to spend money
 - d) to get fit

2. According to the article, what is true about New Year's resolutions?
 - a) many people make them and most succeed
 - b) no one makes them and few succeed
 - c) everyone makes them and everyone succeeds
 - d) many people make them but few succeed

3. The word "realistic" in paragraph 2 could best be replaced with:
 - a) confident
 - b) creative
 - c) practical
 - d) grateful

4. According to the article, an example of a realistic goal would be:
 - a) to lose 50 kilograms in a month
 - b) to jog 20 kilometers every day
 - c) to stop eating food for a week
 - d) to slowly stop eating snack food

5. The word "stick" in paragraph 3 could best be replaced with:
 - a) keep
 - b) go
 - c) talk
 - d) change

6. According to the article, an important tip for succeeding at a resolution is to:
 - a) talk to your friends
 - b) check with your doctor
 - c) make a good plan
 - d) get some advice

7. The word "track" in paragraph 4 could best be replaced with:
 - a) follow
 - b) hide
 - c) slow
 - d) debate

8. According to the article, making a chart is important because:
 - a) it will help you to stop working
 - b) it will help you to show your friends
 - c) it will help you to fail your resolution
 - d) it will help you make an effort

Answers: 1. (d) 2. (d) 3. (c) 4. (d) 5. (a) 6. (c) 7. (a) 8. (d)

